



WHITE BROOK MIDDLE SCHOOL: April 8-12, 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Breakfast For Lunch!	Beef and Cheese Nachos	Macaroni and Cheese	Mandarin Orange Chicken	Hamburg Sundae
French Toast	Whole Grain Tortilla Chips, Seasoned Ground Beef	Choice of Toppings: Ham, Crushed Tortilla Chips	Vegetable Lo Mein	Seasoned Ground Beef in Gravy
Sausage Patty	Spicy Black Beans Shredded Cheddar Cheese, Shredded Lettuce, Salsa	Roasted Broccoli	Stir-Fry Vegetables	Homemade Mashed Potatoes
Home Fries		Whole Grain Flatbread		Steamed Sweet Corn
Strawberries	Sweet Corn			Whole Grain Biscuit
Grill				
Cheeseburger on Whole Grain Bun	Chicken Patty on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Chicken Patty Sandwich	Fish Sticks
Baked French Fries	Baked French Fries	Baked French Fries	Baked French Fries	Baked French Fries
2Mato				
Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza
On The Go				
Chicken Ranch Wrap	Chicken Ranch Wrap	Ham and Cheese w/ Honey Mustard	Turkey Sandwich with Lettuce and Tomato	Tuna Melt
Garden Salad w/ Cheese, Garden Salad w/Chicken	Garden Salad w/ Cheese Taco Salad	Garden Salad with Tuna Garden Salad w/Cheese	Chef Salad, Garden Salad w/Cheese	Garden Salad w/ Chicken Garden Salad w/Cheese
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	Tomatoes
Chick Pea Salad	Chick Pea Salad	Sweet Corn Salad	Black Bean and Corn Salad	Black Bean and Corn Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
<p>MONTHLY FOOD FOCUS: April's Food Focus is YOGURT!***Yogurt is highly nutritious and is an excellent source of protein, calcium and potassium.</p> <p>USDA, EPSD, and Chartwell's are equal opportunity employers and providers</p>				

Secondary: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.