



**WHITE BROOK MIDDLE SCHOOL: Oct 7-11, 2019 LUNCH MENU**

LUNCH \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Swedish Meatballs</b>  <b>Meatballs in Gravy, Buttered Noodles</b>  <b>Seasoned Green Beans</b>  <b>Whole Grain Dinner Roll</b>	<b>Burritos</b>  <b>Seasoned Ground Beef, Whole Grain Tortilla</b>  <b>Steamed Brown Rice, Spicy Black Beans</b>  <b>Sweet Corn</b>  <b>Shredded Cheddar Cheese, Salsa</b>	<b>Chicken Alfredo</b>  <b>Barilla Pasta, Classic Alfredo Sauce</b>  <b>Seasoned Grilled Chicken</b>  <b>Steamed Broccoli</b>  <b>Whole Grain Garlic Breadstick</b>	<b>Chicken Tenders</b>  <b>Homemade Mashed Potatoes w/ Gravy</b>  <b>Sweet Green Peas</b>  <b>Whole Grain Biscuit</b>	<b>Soup 'N' Sandwich</b>  <b>Grilled Cheese Sandwich</b>  <b>Chicken &amp; Dumpling Soup</b>
<b>Grill</b>				
<b>Chicken Patty on a Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Cheeseburger on a Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Chicken Patty on Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Cheeseburger on Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Chicken Patty on Whole Grain Bun</b>  <b>w/ French Fries</b>
<b>2Mato</b>				
<b>Classic Cheese Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>Classic Cheese Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>Classic Cheese Pizza</b>
<b>On The Go</b>				
<b>Turkey &amp; Cheese Sandwich w/ Lettuce, Tomato</b>  <b>Garden Salad w/ Cheese</b> <b>Garden Salad w/ Chicken</b>	<b>Italian Cold Cut</b>  <b>Taco Salad</b> <b>Garden Salad with Cheese</b>	<b>Chicken Ranch Wrap</b>  <b>Chicken Ceasar Salad</b> <b>Garden Salad w/ Cheese</b>	<b>Italian Cold Cut</b>  <b>Chef Salad</b> <b>Garden Salad w/ Cheese</b>	<b>Turkey &amp; Cheese Sandwich w/Lettuce, Tomato</b>  <b>Garden Salad w/ Chicken</b> <b>Garden Salad w/ Cheese</b>
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
<b>Baby Carrots</b>	<b>Cucumbers</b>	<b>Power Peas</b>	<b>Cucumbers</b>	<b>Carrot Sticks</b>
<b>Citrus Chickpea Salad</b>	<b>Black Bean and Corn Salad</b>	<b>Citrus Chickpea Salad</b>	<b>Pasta Salad</b>	<b>Pasta Salad</b>
<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Orange Wedges</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>

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

