



WHITE BROOK MIDDLE SCHOOL: LUNCH MENU OCT. 2021 (WK. 10/4-10/8)

ALL STUDENT EAT FOR FREE

Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8
Create				
Teriyaki Chicken	Ham & Cheese Melt	Macaroni & Cheese	Chicken & Gravy	Baked Potato Bar
Brown Rice	Potato Wedges	Steamed Carrots	Mashed Potatoes	
Steamed Broccoli		Bread Stick	Roasted Brussel Sprouts	Corn Bread
			Dinner Roll	
Grill				
Cheeseburger on Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun
Baked French Fries	Baked French Fries	Baked French Fries	Baked French Fries	Baked French Fries
2 Mato				
Personal Cheese or Pepperoni Pizza	Personal Cheese or Pepperoni Pizza	French Bread Cheese or Pepperoni	BBQ Chicken Flatbread	Personal Cheese or Pepperoni Pizza
On The Go				
Italian Wrap	Turkey & Cheese Sub	Tuna Wrap	Ham & Cheese on a Bulky Roll	Turkey BLT Sub
Buffalo Chicken Salad w/ Biscuit	Garden Salad w/ Tuna Biscuit	Chicken Caesar Salad w/ Biscuit	Ham & Cheese Chef Salad w/ Biscuit	Popcorn Chicken Salad w/ Biscuit
Extra Extra				
Broccoli	Carrot Sticks	Grape Tomatoes	Cucumber Wheels	Squash & Zucchini Sticks
	Black Bean Salad		Citrus Bean Salad	
Garden Salad	Garden Salad	Garden Salad	Grape Tomatoes	Creamy Coleslaw
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
<p>USDA, EPSD, and Chartwells are equal opportunity employers and providers</p> <p>MENU IS SUBJECT TO CHANGE</p> <div style="text-align: right;">  <p>chartwells serving up happy & healthy</p> </div>				

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. choices include 1% white and skim chocolate.

Milk