



**WHITE BROOK MIDDLE SCHOOL: LUNCH MENU OCT. 2021 (WK. 10/18-10/22)**

**ALL STUDENT EAT FOR FREE**

Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/22
<b>Create</b>				
<b>Chicken Nuggets w/ Sauce</b>  <b>Steamed Brown Rice</b>  <b>Steamed Green Beans</b>	<b>Beef Nachos w/ Fixings</b>  <b>Steamed Corn</b>	<b>Homemade Macaroni &amp; Cheese</b>  <b>Fresh Baked Biscuit</b>  <b>Roasted Brussel Sprouts</b>	<b>1/2 DAY</b>  <b>BAG LUNCH AVAILABLE</b>	<b>1/2 DAY</b>  <b>BAG LUNCH AVAILABLE</b>
<b>Grill</b>				
<b>Cheeseburger on Whole Grain Bun</b>  <b>Oven Baked Fries</b>	<b>Chicken Patty Sandwich on Whole Grain Bun</b>  <b>Oven Baked Fries</b>	<b>Cheeseburger on Whole Grain Bun</b>  <b>Oven Baked Fries</b>	<b>Chicken Patty Sandwich on Whole Grain Bun</b>  <b>Oven Baked Fries</b>	<b>Cheeseburger on Whole Grain Bun</b>  <b>Oven Baked Fries</b>
<b>2 Mato</b>				
<b>Personal Cheese or Pepperoni Pizza</b>	<b>Cheese Calzone</b>	<b>Personal Pepperoni Pizza</b>	<b>Cheese Calzone</b>	<b>Personal Cheese or Pepperoni Pizza</b>
<b>On The Go</b>				
<b>Italian Sub</b>  <b>Buffalo Chicken Salad</b>	<b>Turkey &amp; Cheese Sub</b>  <b>Garden Salad w/ Tuna</b>	<b>Tuna Wrap</b>  <b>Chicken Caesar Salad</b>	<b>Ham &amp; Cheese on a Bulky Roll</b>  <b>Ham &amp; Cheese Chef Salad</b>	<b>Buffalo Chicken Salad Sub</b>  <b>Popcorn Chicken Salad</b>
<b>Extra Extra</b>				
<b>Fresh Broccoli</b>  <b>Garden Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Carrot Sticks</b>  <b>Garden Salad</b> <b>Black Bean Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Grape Tomatoes</b>  <b>Garden Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Cucumber Wheels</b>  <b>Garden Salad</b> <b>Citrus Bean Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Squash &amp; Zucchini Sticks</b>  <b>Garden Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>
<p>USDA, EPSD, and Chartwell's are equal opportunity employers and providers</p> <p><b>MENU IS SUBJECT TO CHANGE</b></p>				
				<p>chartwells serving up happy &amp; healthy</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.

Milk