



WHITE BROOK MIDDLE SCHOOL: LUNCH MENU OCT. 2021 (WK. 10/11-10/15)

ALL STUDENT EAT FOR FREE

Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15
Create				
NO SCHOOL 	French Toast Sticks	Chicken Tenders	Pasta w/ Meat Sauce	Meatball Sub
	Tater Tots	Steamed Carrots	Mixed Vegetables	Roasted Broccoli & Cauliflower
	Sausage Patty	Mashed Potatoes	Garlic Flatbread	Oven Baked Fries
		Dinner Roll		
Grill				
	Cheeseburger on Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun
	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries
2 Mato				
	French Bread Pizza	Personal Pepperoni Pizza	Chicken Bacon Ranch Pizza	Personal Cheese or Pepperoni Pizza
On The Go				
	Turkey & Cheese Sub	Tuna Wrap	Ham & Cheese on a Bulky Roll	Buffalo Chicken Salad Sub
	Garden Salad w/ Tuna Biscuit	BLT Chicken Salad	Ham & Cheese Chef Salad	Popcorn Chicken Salad
Extra Extra				
	Carrot Sticks	Grape Tomatoes	Cucumber Wheels	Squash & Zucchini Sticks
	Garden Salad	Garden Salad	Garden Salad	Garden Salad
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
<p>USDA, EPSD, and Chartwell's 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