



## East Providence High School Lunch Menu August/September 2018 \*Simply Good "Summer Vegetables"



### create EXHIBITION

Have lunch your way with our Build-Your-Own Specials

### SO DELI

*delicious!*

Freshly Prepared Deli Style Sandwiches Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads, Rolls and Wraps
- Seasonal Soups served with Grilled Cheese Sandwich

### wild greens

#### Salad Bar

Offered with all meals Create your own Side Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Monday  
Broccoli & Raisin Salad

Tuesday  
Chick Pea Salad

Wednesday  
Sweet Corn Salad

Thursday  
Carrot & Raisin Salad

Friday  
Cucumber & Tomato Salad

Monday	28. Tuesday	29. Wednesday	30. Thursday	31. Friday
Build your own Yogurt Parfait Bar Offered Daily!	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice	<b>"Chefs Station"</b> Featuring Build your Own Summer Salads  Grilled Flatbread	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	<b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs Dinner Roll
3. <b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Egg Scramblers Pancakes & Syrup Carved Ham Hash Browns	4. <b>Mexican Fiesta</b> Featuring Quesadilla Station Pulled Chicken or Beef Rice Pilaf	5. <b>"Chefs Station"</b> Featuring Philly Chicken Cheese Steak Sandwiches  Oven Baked Fries	6. <b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	7. <b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries
10. <b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Breakfast Sandwich Bar French Toast Sticks Chicken Sausage Homefries	11. <b>Mexican Fiesta</b> Featuring Pulled Chicken Enchiladas Rice Pilaf Mocamole	12. Election Day No School	13. <b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	14. <b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Steak Fries Warm Biscuit
17. <b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Smoothie Bar Waffles & Syrup Carved Ham Hash Browns	18. <b>Mexican Fiesta</b> Featuring Hard & Soft Shell Tacos Pulled Chicken or Beef Rice Pilaf	19. <b>"Chefs Station"</b> Featuring Grilled Cuban Sandwiches Yellow Rice Roasted Vegetables	20. <b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	21. <b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Waffle Fries Dinner Roll
24. <b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Egg Scramblers French Toast Sticks Chicken Sausage Homefries	25. <b>Mexican Fiesta</b> Featuring Slow Roasted Pork Quesadilla Spanish Rice Pilaf	26. <b>"Chefs Station"</b> Featuring Roast Turkey with Gravy Local Mashed Potatoes Stuffing Cranberry Sauce Orange Glazed Carrots	27. <b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	28. <b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs Sliced Vienna Bread

#### Menu Subject to Change



All grain items are made with whole grains

All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

Any questions please call Melissa Read, Director of Dining Services at 401-435-7814

If you have any food allergies, please let us know!

**Lunch Prices:** Student Meal: \$2.95 • Reduced Meal: 40¢ • Milk: 55¢ • Adult: \$3.50

**Breakfast:** Student Meal \$1.45 Reduced Meal .30¢



#### Available daily:

Fresh Baked Pizzas,  
Calzones and Flatbreads  
Served with Your Choice of Hot or Cold Vegetables,  
Salad, Fruit and Milk

#### Daily Specials may include:

Italian Stromboli, Buffalo Chicken  
Flatbread, Steak & Cheese Pizza,  
Pepperoni Pizza and more!

#### Cheese Pizza available daily



#### Available daily:

Hamburger, Cheeseburger,  
Grilled Chicken Breast  
Buffalo Chicken Patty  
& Chicken Nuggets  
Served with Your Choice of Hot or Cold Vegetables,  
Salad, Fruit and Milk

#### Daily Specials may include:

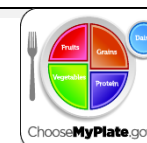
Bacon Cheeseburger,  
Meatball Sub, Specialty Sandwiches,  
Spicy Fish Sandwich and many more!



Assorted pre-packaged entrée salads  
and deli sandwiches offered with fruits,  
vegetables and milk.

#### Daily Specials may include:

Chicken Caesar Wrap, Chicken Caesar Salad,  
Italian Sub and Yogurt & Fruit with Crackers



**This institution is an equal opportunity  
Provider and employer**