



# East Providence Middle School Lunch Menu August/September 2018

\* Simply Good Feature  
\*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


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.

Chef Creations like Pasta and Potato Salads are also available. Selections vary daily!

Monday	28. Tuesday	29. Wednesday	30. Thursday	31. Friday
 <p>Download our Mobile App today</p> <p>The Simple Way to Pay FOR SCHOOL MEALS</p>	<p>All Beef Hot Dog Bar Chili &amp; Cheese</p> <p>Baked Beans</p>	<p>Pasta with Meatballs Vienna Bread</p> <p>Italian Vegetables</p>	<p>Chicken Mania Popcorn Chicken Tossed in multiple sauces Dinner Roll</p> <p>Baked Fries</p>	<p>Cheeseburger Bar Classic Cheeseburger with your choice of Toppings Oven Baked Fries</p>
3. Labor Day No School	4. Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef Cheese Refried Beans Sour Cream and Salsa	5. Lazy Lasagna Garlic Bread  Caesar Salad	6. Brunch for Lunch Pancakes Banana & Strawberry Topping Chicken Sausage Seasoned Homefries	7. Chicken & Gravy Whipped Potato Cranberry sauce  Seasoned Peas
10. General Tso's Chicken Lucky Fried Rice  Hearty Garden Salad	11. Chicken Tenders Mashed Potatoes & Gravy Dinner Roll  Orange Glazed Carrots	12. Election day No School	13. Roast Turkey and Gravy Local Mashed Potato's Vienna Bread  Hearty Garden Salad	14. Chicken Cutlet Parmesan Sandwich  French Fries
17. Cheeseburger Bar Classic Cheeseburger with your choice of Toppings Oven Baked Fries	18. Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef Cheese Refried Beans Sour Cream and Salsa	19. Swedish Meatballs Over Rotini Pasta Garlic Bread  Steamed Broccoli	20. Oven Baked Crispy Fried Chicken Dinner Roll  Local Mashed Potatoes	21. Italian Meatball Sandwich  Steamed Carrots & Peas
24. Popcorn Chicken Bowl Whipped Potatoes Dinner Roll  Seasoned Corn	25. Brunch for Lunch French Toast Sticks Yogurt  Seasoned Homefries	26. Shepherd's Pie With Gravy Dinner Roll  Garden salad	27. Buffalo Chicken Cutlet Sandwich Lettuce, Tomato Bleu Cheese  Oven Baked Fries	28. Fish Sticks Tartar Sauce Dinner Roll  Whipped Cinnamon Butternut Squash

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!

Prices: Lunch: Student Meal: \$2.95 • Reduced Meal: 40¢ • Milk: 55¢ • Adult: \$3.50  
• **Breakfast:** Student Meal \$1.45 Reduced .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**

grilled

**Available daily:**  
Hamburger, Cheeseburger, Chicken  
Patty, 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,  
Quesadilla, Burritos and many more!

\*Soup & Sandwich special, Seasonal  
Soups & Toasted Cheese Sandwich



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