



# East Providence High School Lunch Menu November 2017

\*Simply Good "Root 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  | Tuesday   | Wednesday   | Thursday  | 1. Friday   |
|---|---|---|---|---|
| Build your own Yogurt Parfait Bar Offered Daily!  |   |   |   | <b>Chicken Mania</b><br>Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces<br>Potato Puffs<br>Dinner Roll      |
| 4. <b>Brunch For Lunch Hot Breakfast Bar</b><br>Featuring Egg Scramblers<br>French Toast Sticks   | 5. <b>Mexican Fiesta</b><br>Featuring Quesadilla Station<br>Pulled Chicken or Pork<br>Rice Pilaf  | 6. <b>Oriental Cuisine</b><br>Teriyaki Chicken Stir Fry<br>Lucky Fried Rice<br>Chicken Egg Roll     | 7. <b>Mexican Fiesta</b><br>Featuring Super Nacho Bar<br>Refried Beans<br>Spanish Rice  | 8. <b>Chicken Mania</b><br>Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces<br>Twister Fries<br>Dinner Roll  |
| 11. <b>Brunch For Lunch Hot Breakfast Bar</b><br>Featuring Breakfast Grab & Go Egg Sandwiches     | 12. <b>Mexican Fiesta</b><br>Featuring Taco Station<br>Pulled Chicken or Pork<br>Rice Pilaf       | 13. <b>"Noodle Bowl"</b><br>Roast Chicken or Pork with Noodles & Fresh Vegetables in a Savory Broth | 14. <b>Mexican Fiesta</b><br>Featuring Super Nacho Bar<br>Refried Beans<br>Spanish Rice | 15. <b>Chicken Mania</b><br>Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces<br>Twister Fries<br>Dinner Roll |
| 18. <b>Brunch For Lunch Hot Breakfast Bar</b><br>Featuring Fruit Smoothies<br>French Toast Sticks | 19. <b>Mexican Fiesta</b><br>Featuring Quesadilla Station<br>Pulled Chicken or Beef<br>Rice Pilaf | 20. <b>Soup &amp; Sandwich Bar</b><br>Chicken Noodle Soup<br>Assorted Grilled Cheese Sandwiches     | 21. <b>Mexican Fiesta</b><br>Featuring Super Nacho Bar<br>Refried Beans<br>Spanish Rice | 22. <b>Holiday Recess</b>   |
| 25. <b>Holiday Recess</b>   | 26. <b>Holiday Recess</b>   | 27. <b>Holiday Recess</b>   | 28. <b>Holiday Recess</b>   | 29. <b>Holiday Recess</b>   |

### Menu Subject to Change



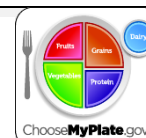
All grain items are made with whole grains

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