



East Providence High School Lunch Menu February 2017

*Simply Good "Herbs & Spices"



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	1 Wednesday	2 Thursday	3 Friday
		Italian Cuisine Featuring Chicken Parmesan Baked Ziti Steamed Broccoli	Comfort Food Featuring Assorted Panini Sandwiches Oven Baked Fries	Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs
6	7	8	9	10
Brunch for Lunch Hot Breakfast Bar Featuring *Warm Apple Crisp	Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	Italian Cuisine Featuring Chicken Alfredo Pasta Seasoned Green Beans	Comfort Food Featuring Asian Noodle Bowl Stir Fry Veggies Fried Rice	Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Crinkle Cut Fries
13	14	15	16	17
Brunch For Lunch Hot Breakfast Bar Featuring Breakfast Burritos	"Valentines Day" Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Pork Rice Pilaf	Italian Cuisine Lasagna Garlic Bread Caesar Salad	Comfort Food Oven Roast Turkey Mashed w/Gravy Stuffing & Cranberry Sauce Buttered Corn Warm Apple Crisp	Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries
20	21	22	23	24
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
27	28	Build your own Yogurt Parfait Bar Offered Daily!	Happy Winter!	

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: \$2.85 • Reduced Meal: 40¢ • Milk: 55¢ • Adult: \$3.50

Breakfast: 1.45



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,
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!

ON THE GO

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**