



East Providence Middle School Lunch Menu February 2017

* **Simply Good Feature**
* **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

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 | Tuesday | 1 Wednesday | 2 Thursday | 3 Friday |
|---|---|--|---|--|
| | | Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans, Sour Cream and Salsa | Meatloaf with Gravy Mashed Potatoes Sliced Bread Spinach Veggie Salad | Popcorn Chicken Bowl Mashed Potatoes Buttered Carrots Gravy |
| 6 | 7 | 8 | 9 | 10 |
| Pancakes Warm Sliced Apples Sausage Potato Puffs | Creamy Mac & Cheese Kicked up with a Variety of Assorted Toppings! Whole Grain Roll  | Chicken Parmesan Pasta w/ Marinara Sauce Seasoned Peas | BBQ Pulled Pork on A Bulky Roll Caesar Side Salad | Cheeseburger Bar Classic Cheeseburger with your choice of Toppings Oven Baked Fries |
| 13 | 14 | 15 | 16 | 17 |
| General Tso's Chicken Sweet and Spicy Chicken Lucky Fried Rice Steamed Broccoli | "Valentine's Day" Swedish Meatballs Rotini Dinner Roll Seasoned Green Beans | Lazy Lasagna Bread Stick Oven Roasted Italian Vegetables | Roast Turkey Mashed Potato w/Gravy Stuffing Garden Salad Cranberry Sauce | Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans, Sour Cream and Salsa |
| 20 | 21 | 22 | 23 | 24 |
| Winter Break | Winter Break | Winter Break | Winter Break | Winter Break |
| 27 | 28 | | | |
| Crispy Fish Sandwich w/ Cheese & Tartar Sauce Cole Slaw Or Soup & Sandwich | Shepherd's Pie Gravy Biscuit Or Soup & Sandwich | Build Your Own Yogurt Parfait Available Daily |  |  |

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: \$2.85 • 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, 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

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

