



East Providence High School Lunch Menu January 2018

*Simply Good "Dark Leafy Greens"



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

.1 Monday	2. Tuesday	3. Wednesday	4. Thursday	5. Friday
	Mexican Fiesta Featuring Taco Station Pulled Chicken or Pork Rice Pilaf	Pasta Bar Assorted Pasta Marinara Sauce Meatballs Roasted Vegetables	Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs Dinner Roll
8. Brunch For Lunch Hot Breakfast Bar Featuring Egg Scramblers French Toast Sticks	9. Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Pork Rice Pilaf	10. Oriental Cuisine Teriyaki Chicken Stir Fry Lucky Fried Rice Chicken Egg Roll	11. Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	12. Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries Dinner Roll
15. No School Martin Luther King Day	16. Mexican Fiesta Featuring Taco Station Pulled Chicken or Pork Rice Pilaf	17. "Noodle Bowl" Roast Chicken or Pork with Noodles & Fresh Vegetables in a Savory Broth	18. Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	19. Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries Dinner Roll
22. Brunch For Lunch Hot Breakfast Bar Featuring Fruit Smoothies French Toast Sticks	23. Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Beef Rice Pilaf	24. Soup & Sandwich Bar Chicken Noodle Soup Assorted Grilled Cheese Sandwiches	25. Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	26. Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries Dinner Roll
29. Brunch For Lunch Hot Breakfast Bar Featuring Breakfast Grab & Go Egg Sandwiches	30. Mexican Fiesta Featuring Taco Station Pulled Chicken or Pork Rice Pilaf	31		Build your own Yogurt Parfait Bar Offered Daily!

Menu Subject to Change



All grain items are made with whole grains

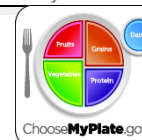
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

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

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

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

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**