



East Providence Middle School Lunch Menu January 2017

* Simply Good Feature
*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

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.

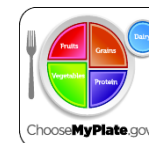
Chef Creations like Pasta and Potato Salads are also available. Selections vary daily!

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
 "No School"	Hot Dog on a Bun Or Tuna Sandwich Twister Fries	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
Pancakes Warm Sliced Apples Sausage Potato Puffs	Creamy Mac & Cheese Kicked up with a Variety of Assorted Toppings! Whole Grain Roll 	BBQ Chicken Mashed Potatoes Or Soup & Sandwich	BBQ Pulled Pork on A Bulky Roll *Caesar Side Salad	Cheeseburger Bar Classic Cheeseburger with your choice of Toppings Oven Baked Fries
"No School" Martin Luther King Jr. 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
General Tso's Chicken Sweet and Spicy Chicken Lucky Fried Rice Steamed Broccoli	Chicken Parmesan Pasta w/ Marinara Sauce Seasoned Peas	French Toast Sticks w/ Syrup Sausage Patty Home Fried Potato	Beef Stew Whole Grain Biscuit	Italian Pasta Bar Assorted Pastas with Traditional Sauces & Toppings Garlic Breadstick
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	Let It SNOW	

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



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