



East Providence High School Lunch Menu January 2017

*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

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
<p>"No School"</p>	<p>Mexican Fiesta Featuring Enchilada's Refried Beans Fiesta Corn</p>	<p>Italian Cuisine Featuring Chicken Parmesan Baked Ziti Steamed Broccoli</p>	<p>Comfort Food Featuring Assorted Panini Sandwiches Oven Baked Fries</p>	<p>Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs</p>
9	10	11	12	13
<p>Brunch for Lunch Hot Breakfast Bar Featuring *Warm Apple Crisp</p>	<p>Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice</p>	<p>Italian Cuisine Featuring Chicken Alfredo Pasta Seasoned Green Beans</p>	<p>Comfort Food Featuring Asian Noodle Bowl Stir Fry Veggies Fried Rice</p>	<p>Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Crinkle Cut Fries</p>
16	17	18	19	20
<p>"No School" Martin Luther King Jr.</p>	<p>Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Pork Rice Pilaf</p>	<p>Italian Cuisine Featuring Lasagna Garlic Bread Caesar Salad</p>	<p>Comfort Food Featuring Oven Roast Turkey Mashed w/Gravy Stuffing & Cranberry Sauce *Sautéed Spinach Warm Apple Crisp</p>	<p>Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries</p>
23	24	25	26	27
<p>Brunch for Lunch Hot Breakfast Bar Featuring Breakfast Burritos</p>	<p>Mexican Fiesta Featuring "Fajita Station" Chicken or Pulled Pork Refried Beans</p>	<p>Italian Cuisine Featuring Pasta Bar Variety of Pastas & Traditional Italian Sauces Bread Sticks</p>	<p>Comfort Food Featuring Hearty Beef Stew & Warm Biscuit</p>	<p>Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs</p>
30	31			
<p>Brunch for Lunch Hot Breakfast Bar Featuring Egg Scramblers</p>	<p>Mexican Fiesta Featuring "Fajita Station" Chicken or Pulled Pork Refried Beans</p>	<p>Build your own Yogurt Parfait Bar Offered Daily!</p>	<p>Happy Winter!</p>	

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,
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**