



# East Providence Middle School Lunch Menu January 2018

\* Simply Good Feature  
\*Dark Leafy Greens



**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**



**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*



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

**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	2. Tuesday	3. Wednesday	4. Thursday	5. Friday
	<b>Crispy Chicken Patty</b> On a Roll  Cowboy Baked Beans	<b>Salisbury Steak</b> Gravy Vienna Bread Rice Pilaf Baby Carrots	<b>Macaroni &amp; Cheese</b> <b>Diced Ham</b> Dinner Roll  Baked Beans Corn Salad	<b>Cheeseburger Bar</b> Classic Cheeseburger with your choice of Toppings Oven Baked Fries
8. <b>Brunch for Lunch</b> French Toast Sticks Chicken Sausage  Home Fries	9. <b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans Sour Cream and Salsa	10. <b>BBQ Pulled Pork Sandwich</b> Oven Baked Fries	11. <b>Crispy Popcorn</b> <b>Chicken &amp; Gravy</b> Mashed Potato Bowl Carrot & Raisin Salad	12. <b>Baked Potato Bar</b> Chili & Cheese Steamed Broccoli
15. <b>No School</b> <b>Martin Luther King Day</b> <i>Build Your Own</i> <i>Yogurt Parfait</i> <i>Available Daily</i>	16. <b>Italian Meatball Sandwich</b> Steamed Carrots & Peas	17. <b>Shepherd's Pie</b> With Gravy Dinner Roll  Hearty Garden Salad	18. <b>*New Angry Bird</b> <b>Turkey Burger</b> Buffalo Ranch Cole Slaw  Seasoned Corn	19. <b>Fish Sticks</b> With Tartar sauce Oven Baked Fries
22. <b>*New</b> <b>Buffalo Chicken Dip</b> Tortilla Chips  Carrot Raisin Salad	23. <b>Chicken Noodle Soup</b> <b>Grilled Cheese Sandwich</b>  Tossed Salad	24. <b>Chili Dog</b> Topped with Cheddar Cheese and Scallions  Baked Beans	25. <b>Meatloaf &amp; Gravy</b> Vienna Bread Locally Grown Mashed Potatoes	26. <b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans Sour Cream and Salsa
29. <b>Brunch for Lunch</b> Mini Maple Burst Pancakes Chicken Sausage Home fries	30. <b>Spaghetti &amp; Meat Sauce</b> Garlic Bread Stick  Oven Roasted Italian Vegetables	31. <b>General Tso's Chicken</b> Steamed Rice Stir Fry Veggies		<b>Please monitor your child's purchases on the MySchoolBucks App Or MySchoolBucks.com Website</b>

**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: \$2.95 • Reduced Meal: 40¢ • Milk: 55¢ • Adult: \$3.50  
• **Breakfast:** Student Meal \$1.45 Reduced .30¢

