



East Providence Middle School Lunch Menu March 2017

* **Simply Good Feature**
* **Cruciferous Veggies**



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
Build Your Own Yogurt Parfait Available Daily		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 Power Peas	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 Baked Ziti 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	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	"St Patrick's Day" 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
Chili Dog topped with Cheddar Cheese and Scallions BBQ Baked Beans	Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans, Sour Cream and Salsa	Chicken Pot Pie Whole Grain Biscuit Orange Glazed Carrots	Meatball Sub Potato Puffs	Buffalo Popcorn Chicken Cuban Yellow Rice Blue Cheese Dressing Dinner Roll Power Carrot & Celery Sticks
27	28	29	30	31
Crispy Fish Sandwich w/ Cheese & Tartar Sauce Cole Slaw Or Soup & Sandwich	Shepherd's Pie Gravy Biscuit Or Soup & Sandwich	French Toast Sticks Chicken Sausage Potato Puffs	Mexican Fiesta Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans, Sour Cream and Salsa	Hearty Portuguese Soup Grilled Cheese Sandwich



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



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



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)