



East Providence High School Lunch Menu November 2017

*Simply Good "Legumes"



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

Monday	Tuesday	1. Wednesday	2. Thursday	3. Friday
Build your own Yogurt Parfait Bar Offered Daily!		Italian Cuisine Meatballs/Italian Sausage Variety of Pasta Alfredo or Marinara Sauce Roasted Vegetables Garlic Bread	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
6. Brunch For Lunch Hot Breakfast Bar Featuring Egg Scramblers French Toast Sticks	7. Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Pork Rice Pilaf	8. Oriental Cuisine Teriyaki Chicken Stir Fry Lucky Fried Rice Chicken Egg Roll	9. Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	10. 
13. Brunch For Lunch Hot Breakfast Bar Featuring Breakfast Grab & Go Egg Sandwiches	14. Mexican Fiesta Featuring Taco Station Pulled Chicken or Pork Rice Pilaf	15. "Turkey Dinner" With all the Fixings Whole Grain Stuffing Warm Apple Crisp	16. Early Release Bag Lunches	17. Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries Dinner Roll
20. Brunch For Lunch Hot Breakfast Bar Featuring Fruit Smoothies French Toast Sticks	21. Mexican Fiesta Featuring Quesadilla Station Pulled Chicken or Beef Rice Pilaf	22. Thanksgiving Break	23. Thanksgiving Break	24. Thanksgiving Break
27. Brunch For Lunch Hot Breakfast Bar Featuring Breakfast Burritos	28. Mexican Fiesta Featuring Taco Station Pulled Chicken or Beef Rice Pilaf	29. Soup & Sandwich Bar Portuguese Soup Assorted Grilled Cheese Sandwiches	30. Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice	Part Time Food Service Workers Needed! Apply at: www.altogethergreat.com

Menu Subject to Change



All grain items are made with whole grains

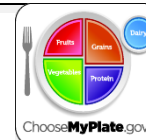
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

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



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!



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