



# East Providence Middle School Lunch Menu October 2017

\* Simply Good Feature  
\*Tree Fruits



## 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
Sloppy Joe Sandwich on a Bulky Roll Oven Baked French Fries	<b>*New Buffalo Chicken Dip</b> Tortilla Chips Seasoned Peas	Chili Dog topped with Cheddar Cheese and Scallions  Baked Beans	Lazy Lasagna Sliced Bread Power Peas	<b>Cheeseburger Bar</b> Classic Cheeseburger with your choice of Toppings Oven Baked Fries
9.	10.	11.	12.	13.
<b>Columbus Day</b> <b>No School</b>	Chicken & Gravy Mashed Potato's Local Corn on the Cobb	Spaghetti & Meat Sauce Garlic Bread Stick Oven Roasted Italian Vegetables	Brunch for Lunch Pancakes Sliced Banana & Berries Sausage	<b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans Sour Cream and Salsa
16.	17.	18.	19.	20.
<b>General Tso's Chicken</b> Sweet and Spicy Chicken Lucky Fried Rice Steamed Broccoli	<b>Macaroni &amp; Cheese</b> Baked Beans Corn Salad Sliced Bread	<b>Shepherd's Pie</b> Spinach Side Salad Sliced Bread	<b>Popcorn Chicken Bowl</b> Mashed Potato & Gravy Seasoned Corn	<b>Portuguese Soup</b> Grilled Cheese Sandwich
23.	24.	25.	26.	27.
<b>Buffalo Chicken Quesadilla</b> Spanish Rice Mexican Corn Salad	<b>BBQ Pulled Pork Sandwich</b> Baked Beans Fresh Vegetable Medley	<b>Classic Pasta Bar</b> Meatballs Garlic Bread Italian Roasted Vegetables	<b>Oven Roasted Turkey</b> Gravy Mashed Potatoes Seasoned Peas Sliced Bread	<b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken or Beef with Cheese, Refried Beans Sour Cream and Salsa
30.	31.			
<b>Baked Potato Bar</b> Chili & Cheese Sour Cream & Scallions  Garden Salad	<b>Homestyle Meatloaf w/Gravy</b> Rice Pilaf Sliced Bread  Caesar Salad		<b>Build Your Own Yogurt Parfait</b> Available Daily	<b>Food Service Job Opportunities</b> <ul style="list-style-type: none"> <li>• Great Hours</li> <li>• Same time off as the school calendar</li> </ul> Apply @ WWW. Alltogethergreat.com

### Menu Subject to Change 🍴 All grain items are made with whole grains

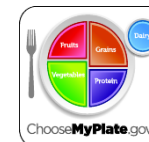
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

Any questions please call Melissa Read, Director of Dining Services at 401-435-7814

If you have any food allergies, please let us know!

**Prices: Lunch:** Student Meal: \$2.95 • Reduced Meal: 40¢ • Milk: 55¢ • Adult: \$3.50

• **Breakfast:** Student Meal \$1.45 Reduced .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**

## 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