



# East Providence High School Lunch Menu October 2017

\*Simply Good "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
- 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
<b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Egg Scramblers	<b>Mexican Fiesta</b> Featuring Taco Station Pulled Chicken or Beef Rice Pilaf	<b>Italian Cuisine</b> Meatballs/Italian Sausage Variety of Pasta Alfredo or Marinara Sauce Roasted Vegetables Garlic Bread	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice	<b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs
.9	.10	.11	.12	.13
<b>Columbus Day No School</b>	<b>Mexican Fiesta</b> Featuring Quesadilla Station Pulled Chicken or Pork Rice Pilaf	<b>Oriental Cuisine</b> Teriyaki Chicken Stir Fry Lucky Fried Rice Chicken Egg Roll	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice	<b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Waffle Fries
.16	.17	.18	.19	.20
<b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Breakfast Grab & Go Egg Sandwiches	<b>Mexican Fiesta</b> Featuring Taco Station Pulled Chicken or Pork Rice Pilaf	<b>Portuguese Cuisine</b> Cacoula Sandwich Oven Baked Fries Chick Pea Salad	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice	<b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries
.23	.24	.25	.26	.27
<b>Brunch For Lunch Hot Breakfast Bar</b> Featuring Fruit Smoothies	<b>Mexican Fiesta</b> Featuring Quesadilla Station Pulled Chicken or Beef Rice Pilaf	<b>Soup &amp; Sandwich Bar</b> Portuguese Soup Assorted Grilled Cheese Sandwich	<b>Mexican Fiesta</b> Featuring Super Nacho Bar Refried Beans Spanish Rice	<b>Chicken Mania</b> Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Seasoned Fries
.30	.31		Build your own Yogurt Parfait Bar Offered Daily	<b>Part Time Food Service Workers Needed!</b> Apply at: <a href="http://www.altogethergreat.com">www.altogethergreat.com</a>

**Menu Subject to Change**



**All grain items are made with whole grains**

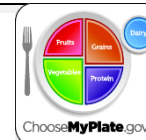
All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

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**

**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**