



East Providence High School Lunch Menu November 2018

*Discovery Kitchen "Cranberries"



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	Wednesday	1 Thursday	2 Friday
Build your own Yogurt Parfait Bar Offered Daily!			Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Potato Puffs Dinner Roll
5 Brunch For Lunch Hot Breakfast Bar Featuring Egg Scramblers Pancakes & Syrup Carved Ham Hash Browns	6 Election day No School 	7 "Chefs Station" Featuring Pasta Action Station Variety of Pasta's Marinara & Alfredo Sauce Meatballs & Grilled Chicken Grilled Veggies Garlic Bread	8 Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	9 Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Twister Fries Warm Biscuit
12 Veterans Day No School 	13 Mexican Fiesta Featuring Pulled Chicken Enchiladas Rice Pilaf Mocamole	14 "Chefs Station" Oriental Cuisine Featuring "Yangs" Mandarin Chicken General Tso's Chicken Lucky Fried Rice Vegetable Egg Rolls Steamed Broccoli	15 Early Release Day Assorted Bag Lunches Available during Dismissal	16 Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Steak Fries Sliced Bread
19 Mexican Fiesta Featuring Hard & Soft Shell Tacos Pulled Chicken or Beef Rice Pilaf	20 "Chefs Station" Featuring Roast Turkey with Gravy Local Mashed Potatoes Stuffing Butternut Squash *Cranberry Sauce	21 Thanksgiving Break	22 	23 Thanksgiving Break
26 Brunch For Lunch Hot Breakfast Bar Featuring Egg Scramblers French Toast Sticks Chicken Sausage Homefries	27 Mexican Fiesta Featuring Slow Roasted Pork Quesadilla Spanish Rice Pilaf	28 "Chefs Station" Soup & Sandwich Chicken Noodle or Broccoli & Cheese With a Toasted Cheese Panini	29 Mexican Fiesta Featuring Super Nacho Bar Refried Beans Spanish Rice Sour Cream	30 Chicken Mania Featuring Crispy Popcorn Chicken tossed in a variety of flavored sauces Steak Fries Sliced Bread

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 401-270-6551

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**