



# East Providence Middle School

## Lunch Menu November 2018

### \* Discovery Kitchen Cranberries



**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**

**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.

Monday  
Broccoli & Raisin Salad

Tuesday  
Chick Pea Salad

Wednesday  
Sweet Corn Salad

Thursday  
Carrot & Raisin Salad

Friday  
Cucumber &

43	Monday	Tuesday	Wednesday	1	Thursday	2	Friday
	<p>Download our Mobile App today</p> <p>The Simple Way to Pay FOR SCHOOL MEALS</p>				<p><b>Chicken Mania</b> Popcorn Chicken Tossed in Multiple Sauces Dinner Roll</p> <p>Baked Fries</p>		<p><b>Cheeseburger Bar</b> Classic Cheeseburger with your choice of Toppings</p> <p>Oven Baked Fries</p>
5	<p><b>Brunch for Lunch</b> Pancakes Banana &amp; Strawberry Topping Chicken Sausage Seasoned Homefries</p>	<p><b>Election Day</b> No School</p>	<p>7</p> <p><b>Homemade BBQ Pulled Pork on a Pretzel Roll</b></p> <p>Tangy Coleslaw</p>	8	<p><b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken with Cheese, Refried Beans Sour Cream and Salsa</p>	9	<p><b>Chicken &amp; Gravy</b> Whipped Potato Sliced Bread</p> <p>Seasoned Peas</p>
12	<p><b>Veterans Day</b> No School</p>	<p>13</p> <p><b>General Tso's Chicken</b> Lucky Fried Rice</p> <p>Hearty Garden salad</p>	<p>14</p> <p><b>All Beef Hot Dog Bar</b> Chili &amp; Cheese</p> <p>Baked Beans</p>	15	<p><b>Roast Turkey and Gravy</b> Local Mashed Potato's *Cranberry sauce Vienna Bread</p> <p>Hearty Garden Salad</p>	16	<p><b>Toasted Cheese Sandwich</b> with a Cup of Chicken Noodle Soup</p>
19	<p><b>Chicken Tenders</b> Mashed Potatoes &amp; Gravy Dinner Roll</p> <p>Garden Salad</p>	<p>20</p> <p><b>Mexican Fiesta</b> Nachos, Tacos or Taco Salads topped with Chicken Cheese, Refried Beans Sour Cream and Salsa</p>	<p>21</p> <p><b>Thanksgiving Break</b></p>	22		23	<p><b>Thanksgiving Break</b></p>
26	<p><b>Brunch for Lunch</b> French Toast Sticks Syrup Yogurt Seasoned Homefries</p>	<p>27</p> <p><b>Popcorn Chicken Bowl</b> Whipped Potato Seasoned Corn Gravy Dinner Roll</p>	<p>28</p> <p><b>Shepherds Pie</b> With Gravy Dinner Roll</p> <p>*Spinach &amp; Cranberry Salad</p>	29	<p><b>Homemade Macaroni &amp; Cheese</b> Sliced Vienna Bread</p> <p>Italian Vegetables</p>	30	<p><b>Italian Meatball Sandwich</b></p> <p>French Fries</p>

**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 401-270-6554

**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¢



**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