

East Providence November Elementary Lunch Menu



Mood Boost

Through Mood Boost we are teaching students how certain foods effect their moods in the areas of Strong, Alert, Happy, Calm, Smart, and Confident.



POWERUP!

POWER UP

Power Your Performance program educates everyone how to fuel our bodies and minds in our school café and beyond. This program brings together culinary demos, science-based nutrition and classroom activities.



Vegetarian

1 1. Crispy Chicken Tenders Oven Baked Fries Dinner Roll 2. Yogurt Fun Lunch Vegetable Medley	2 1. Meatball Sub Cucumber Wheels with Ranch Dressing 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	3 1. All Beef Hot Dog BBQ Baked Beans 2. Grilled Cheese Sandwich BBQ Baked Beans	4 1. Cheeseburger Baked Fries 2. Sunbutter & Jelly Sandwich Grape Tomatoes	5 1. Cheese Pizza Mixed Green Salad Spicy Roasted Chickpeas 2. Hummus Fun Lunch Vegetable Medley Spicy Roasted Chickpeas
8 1. Mini Pancakes Chicken Sausage Home fries 2. Yogurt Fun Lunch Vegetable Medley	9 1. Beef Nachos Lettuce, Cheese & Salsa Chilled Corn Salad 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	10 1. BBQ Chicken Flat Bread Seasoned Carrots 2. Grilled Cheese Sandwich Seasoned Carrots	11 Veterans Day No School	12 1. Cheese Pizza Mix Greens Salad Spicy Roasted Chickpeas 2. Hummus Fun Lunch Vegetable Medley Spicy Roasted Chickpeas
15 1. Pasta with Meat Sauce Dinner Roll Seasoned Peas 2. Yogurt Fun Lunch Vegetable Medley	16 1. General Tso Chicken Lucky Fried Rice Seasoned Carrots Dinner Roll 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	17 1. Mac & Cheese Dinner Roll Steamed Broccoli 2. Grilled Cheese Sandwich Steamed Broccoli	18 1. Roasted Turkey & Gravy Local Mashed Potatoes Dinner Roll 2. Sun Butter & Jelly Sandwich Baby Carrots	19 1. Cheese Pizza Mix Greens Salad Spicy Roasted Chickpeas 2. Hummus Fun Lunch Vegetable Medley Spicy Roasted Chickpeas
22 1. Crispy Chicken Tenders Oven Baked Fries Dinner Roll 2. Yogurt Fun Lunch Vegetable Medley	23 1. Cheeseburger Baked Fries Seasoned Corn 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	24 Thanksgiving Break	25 Thanksgiving Break	26 Thanksgiving Break
29 1. Chicken Nuggets Dipping Sauce Cucumber Wheels with Ranch Dressing 2. Yogurt Fun Lunch Vegetable Medley	30 1. Beef Nachos Lettuce, Cheese & Salsa Mexican Corn 2. Garden Salad Hard Boiled Egg & Ranch Dinner Roll			All items are made with whole grains.



Discovery
KITCHEN



All meals are served with a variety of fruits and vegetables--local when available.

All meals are served with milk (1% low fat white or fat free chocolate).

- Due to Recent Food Supply Issues Menu is subject to change.

Any questions contact Melissa.Read@Compass-USA.com

This institution is an equal opportunity provider.