

East Providence November Secondary Lunch Menu



Available daily:

Fresh Baked Pizzas,
Calzones and Flatbreads
Served with Your Choice of Fresh Hot or Cold
Vegetables, Salad, and Fruit

Daily Specials:

Monday- Buffalo Chicken Flatbread
Tuesday- Taco Pizza
Wednesday-Pepperoni Flatbread
Thursday- Stromboli Calzone
Friday- Three Cheese Pizza

Cheese & Pepperoni Pizza available Daily

grilled

Monday – Veggie Burger
Tuesday-Chicken Patty
Wednesday-Beef and Cheese Burrito
Thursday-Buffalo Chicken Sandwich
Friday-Chicken Tenders

Available daily:

Hamburger, Cheeseburger
Served with Your Choice of Fries, Fresh Hot or
Cold Vegetables, Salad, and Fruit

Vegetarian Options

Monday – Veggie Burger
Tuesday – Baja Bean Burrito
Wednesday – Grilled Cheese
Thursday – Yogurt Parfait
Friday – Cheese Pizza

ON THE GO

Assorted pre-packaged entrée salads
and deli sandwiches offered with fruits,
vegetables and milk.

Daily Specials may include:

Assorted, Buffalo Chicken Salad, Chicken
Caesar Wrap or Salad, Turkey & Cheese
Pretzel Roll, Veggie Wrap, Italian Sub

MOOD BOOST

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.



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.

1	2	3	4	5
Crispy Chicken Tenders Assorted Dipping Sauces Oven Baked Fries Carrot & Celery Sticks Dinner Roll	Pork Carnitas-Soft Tacos Slow Roasted Pork topped Lettuce & Cheddar Cheese Homemade Pico de Gallo Seasoned Black Beans	Double Dogs All Beef Hot Dogs with Assorted Toppings Potato Salad	Baked Potato Bar Baked Potato Topped with Chili, Bacon Bits, Cheddar Cheese, Sour Cream & Scallions Steamed Broccoli Dinner Roll	Roost Chicken Sandwich Breaded Chicken on a Bun with Choice of sauce served with Fries
8	9	10	11	12
Chicken BLT Station Grilled Chicken Breast Bacon, Lettuce, Tomatoes and Cheese on a Roll Oven Baked Fries	 Beef or Chicken Tacos Lettuce, Salsa, Cheese Sour Cream Seasoned Corn	Brunch for Lunch French Toast Sticks Scrambled Eggs Home Fries or Fruit Smoothies W/ Side of Home Fries	Veterans Day No School	Chili Day Beef Chili Homemade Beef and Bean Chili topped with Sour Cream Shredded Cheddar
15	16	17	18	19
Italian Pasta Bar Ziti or Spaghetti Meat sauce or Alfredo Assorted Toppings Garlic Bread	 Beef or Chicken Nachos Lettuce, Salsa, Cheese and Sour Cream Southwest Corn Salad	Homemade Buffalo Chicken Mac & Cheese Seasoned Green Beans	 Amazing Lo Mein Tender Vegetables, Garbanzo Beans, Tossed in a Sweet Soy Sauce over Noodles	 Roasted Turkey & Gravy Seasoned Corn Local Mashed Potato Dinner Roll
22	23	24	25	26
General Tso Chicken Popcorn Chicken Tossed in General Tso sauce served with Lucky Fried Rice Steamed Broccoli	 Beef or Chicken Burrito Lettuce, Salsa, Cheese Sour Cream Local Corn on the Cob	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
 Roost Chicken Sandwich Breaded Chicken on a Bun with Choice of sauce served with Fries	 Beef or Chicken Tacos Lettuce, Salsa, Cheese Sour Cream Corn & Black Bean Salad			All items are made with whole grains.

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).

Menu is subject to change. Any questions contact Melissa.Read@compass-usa.com

This institution is an equal opportunity provider.