

East Providence January 2022 Elementary Lunch



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

3 1. Mini Pancakes Cheese Stick Home fries 2. Sunbutter & Jelly Sandwich Power Peas	4 1. Popcorn Chicken Bowl Mashed Potato, Cheese, Corn & Gravy Dinner Roll 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	5 1. All Beef Hot Dog BBQ Baked Beans 2. Grilled Cheese Sandwich BBQ Baked Beans	6 1. Cheeseburger on a Bun Baked Fries 2. Yogurt Fun Lunch Vegetable Medley	7 1. Cheese Pizza Mixed Green Salad Spicy Roasted Chickpeas 2. Turkey B.L.T Sandwich Mixed Green Salad Spicy Roasted Chickpeas
10 1. Pasta with Meat Sauce Dinner Roll Seasoned Peas 2. Sunbutter & Jelly Sandwich Seasoned Peas	11 1. Beef Nachos Lettuce, Cheese & Salsa Chilled Corn Salad 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	12 1. Pepperoni & Cheese Flat Bread Baby Carrots 2. Grilled Cheese Sandwich Baby Carrots	13 1. Chicken Nuggets Dinner Roll Cucumber Wheels with Ranch Dressing 2. Yogurt Fun Lunch Vegetable Medley	14 <i>Distance Learning Day</i> Meals Available for Drive Thru Pick Up @ Front of each Building Elementary & Middle Schools 9:00-10:30 High School 7:30 - 10:30
17 MLK Day No School	18 1. General Tso Chicken Lucky Fried Rice Seasoned Carrots Dinner Roll 2. Grilled Cheese Sandwich Seasoned Carrots	19 1. Mac & Cheese Dinner Roll Steamed Broccoli 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll.	20 1. Roasted Turkey, Gravy Local Mashed Potatoes Dinner Roll 2. Yogurt Fun Lunch Vegetable Medley	21 1. Cheese Pizza Mixed Green Salad Spicy Roasted Chickpeas 2. Turkey B.L.T Sandwich Mixed Green Salad Spicy Roasted Chickpeas
24 1. Crispy Chicken Tenders Oven Baked Fries Dinner Roll 2. Sunbutter & Jelly Sandwich Power Peas	25 1. French Toast Sticks w/Syrup Chicken Sausage Homefries 2. Garden Salad with Hard Boiled Egg & Ranch Dinner Roll	26 1. Beef Nachos Mexican Corn Salad 2. Grilled Cheese Sandwich Mexican Corn Salad	27 1. Shepherd's Pie With Corn "Local Mashed Potatoes" Dinner Roll 2. Yogurt Fun Lunch Vegetable Medley	28 1. Cheese Pizza Mixed Green Salad Spicy Roasted Chickpeas 2. Turkey B.L.T Sandwich Mixed Green Salad Spicy Roasted Chickpeas
31 <i>Distance Learning Day</i> Meals Available for Drive Thru Pick Up @ Front of each Building Elementary & Middle Schools 9:00-10:30 High School 7:30 - 10:30				

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).

Due to Recent Food Supply Issues Menu is subject to change. Any questions contact Melissa.Read@Compass-usa.com Office 401-270-8138

This institution is an equal opportunity provider.

