

## East Providence January 2022 Secondary Lunch






**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**

3	4	5	6	7
<b>Chili Day</b>  <b>Homemade Beef or Veggie Chili</b> Assorted Toppings Sour Cream Shredded Cheddar Corn Bread	Taco Salad In A Tortilla Bowl or Beef or Chicken Nachos/Tacos Lettuce, Salsa, Cheese Sour Cream Refried Beans Seasoned Corn 	<b>Soup &amp; Sandwich</b> Grilled Ham & Cheese Or Three Cheese Grilled Cheese w/ A Cup Of Hot Soup Oven Baked Fries	<b>"Love Rhody Lunch Day"</b> Canadian Poutine "Style" Bar Local Potato Wedges Veggie Chili Vegan Cheese Sauce Pico De Gallo Local "Steere Farm" Apples	<b>Asian Noodle Bowl</b> Chicken or Tofu Savory Broth Fresh Blend of Steamed Asian Vegetables Dinner Roll
<b>Brunch For Lunch</b> Scrambled Eggs Bacon & Sausage Home fries Fresh Cut Fruit Sliced Toast	Three Cheese Quesadilla or Beef or Chicken Nachos/Tacos Lettuce, Salsa, Cheese Sour Cream Refried Beans Mexican Rice 	<b>Pasta Bar</b> Italian Marinara Sauce Homemade Cheese Sauce Meat Sauce Meatballs or Italian Sausage Your Choice Served Over Spaghetti or Ziti Garlic Bread Roasted Vegetable Medley	<b>"Love Rhody Lunch Day"</b> Local Butternut Squash Soup Grilled Cheese on Local "Calise" Bread Or Cheese Pizza "Narragansett Creamery" Cheese Local "Steere Farm" Apples	<u>Distance Learning Day</u> Meals Available for Drive Thru Pick Up @ Front of each Building Elementary & Middle Schools 9:00-10:30 High School 7:30 - 10:30
<b>M.L.K Day</b> <b>No School</b>	Enchiladas or Beef or Chicken Nachos/Tacos Lettuce, Salsa, Cheese, Sour Cream Refried Beans Rice & Beans 	<b>Homemade Mac &amp; Cheese Bar</b> Optional Topping Buffalo Chicken or Ham Dinner Roll Steamed Broccoli	<b>"Love Rhody Lunch Day"</b> Local Fish Tacos w/ Assorted Toppings Pico De Gallo Local Kale & Cranberry Salad Local "Steere Farm" Apples	<b>Popcorn Chicken Bar</b> Crispy Chicken Tossed In Your Favorite Sauce Oven Baked Fries Dinner Roll
<b>General Tso Chicken</b> Popcorn Chicken Tossed in General Tso sauce Lucky Fried Rice Steamed Broccoli	Supreme Refried Bean Burrito or Beef or Chicken Nachos/Tacos Toppings Lettuce, Corn Salsa, Cheese Sour Cream Refried Beans Dirty Rice 	<b>Brunch For Lunch</b> French Toast Sticks w/ Syrup Chicken Sausage Home fries Fresh Cut Fruit	<b>"Love Rhody Lunch Day"</b> Philly Cheesesteak Rice Bowl Or Cheese Pizza Topped with "Narragansett Creamery" Cheese Local "Steere Farm" Apples	<b>Pasta Bar</b> Italian Marinara Sauce Homemade Cheese Sauce Meat Sauce Meatballs or Italian Sausage Your Choice Served Over Spaghetti or Ziti Garlic Bread Roasted Vegetable Medley
<u>Distance Learning Day</u> 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).

Menu is subject to change. Any questions contact [Melissa.Read@compass-usa.com](mailto:Melissa.Read@compass-usa.com) office 401-270-8138

This institution is an equal opportunity provider.

### grilled

Monday – Veggie Burger  
 Tuesday-Chicken Patty  
 Wednesday-Beef and Cheese Burrito  
 Thursday-Buffalo Chicken Sandwich  
 Friday-Chicken Tenders  
**Available daily:**  
 Hamburger, Cheeseburger,  
 Chicken Sandwich  
 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  
 Served with Your Choice of Fries,  
 Fresh Hot or Cold Vegetables, Salad, and Fruit

**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, Yogurt  
 Parfait, Chicken Caesar Wrap or Salad, Turkey  
 & Cheese Pretzel Roll, Veggie Wrap,  
 Italian Sub