

May 2023 Secondary Lunch Menu

<p>1</p> <p><u>"Rush Hour" Breakfast Bar</u> Scrambled Eggs Bacon, Sausage Links Fresh Fruit Mini Yogurt Parfaits Seasoned Home Fries A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>3</p> <p><u>"Greek Gyro Station"</u> Seasoned Gyro Beef or Chicken Warm Pita Bread or Garden Salad Bowl Diced Cucumbers, Tomato, Olives Tzatziki Sauce, Feta Cheese Greek Rice Salad A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>3</p> <p><u>Popcorn Chicken Bowl</u> Crispy Chicken Bites Cheddar Cheese Local Mashed Potatoes Gravy & Dinner Roll Seasoned Corn A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>4</p> <p><u>"Italian Pasta Bar"</u> Savory Meat Sauce or Creamy Alfredo Over Ziti or Rotini Pasta Oven Roasted Italian Vegetables Garlic Bread A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>5</p> <p><u>"National School Lunch Hero Day"</u> <u>"Cinco De Mayo" Taco Salad</u> <u>"Local" MA Beef</u> Seasoned Beef or Chicken served in a Crunchy Tortilla Shell Bowl w/ <u>"Local" RI</u> Gotham Greens Spanish Rice & Refried Beans A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
<p>8</p> <p><u>"Road Trip" Southwest Chili Bar</u> Homemade Beef & Bean Chili Shredded Cheddar, Sour Cream Diced Onion & Olives Warm Corn Bread A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>9</p> <p><u>"Grilled Townie Wrap"</u> Crispy Chicken Tenders Cheddar Cheese Grilled in a Flour Tortilla Variety of Dipping Sauces Crisp French Fries & Onion Rings A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>10</p> <p><u>"Grilled Flat Bread Station"</u> Freshly Baked Flatbreads Marinated Chicken & Fresh Greens w/ <u>"Local" RI</u> Narragansett Cheese A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>11</p> <p><u>Homestyle Comfort Food</u> Oven Roasted Turkey & Gravy <u>"Local" RI</u> Mashed Potatoes Bread Stuffing Seasoned Green Beans A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>12</p> <p><u>"Philly Cheese Steak Station"</u> Shaved Steak or Grilled Chicken Tossed w/ Sautéed Peppers, Onions & Mushrooms Served on a Torpedo Roll topped with Cheddar Cheese Sauce Assorted Crispy Potato Bar A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
<p>15</p> <p><u>Chicken Mania</u> Crispy Chicken Bites Tossed in a Variety of Sauces Offered w/ Loaded Potatoes A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>16</p> <p><u>"National BBQ Day"</u> BBQ Pulled Pork Sandwich Cilantro Lime Coleslaw Corn on the Cobb Sweet Watermelon A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>17</p> <p><u>So Deli</u> Fresh Made to Order Deli Sandwiches Choice of Sides: Potato Salad, Macaroni Salad, Cole Slaw Assorted Crispy Potato Bar House Made Pickles A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>18</p> <p><u>"Loaded Potato Bar"</u> Beef or Veggie Chili Crispy Fries or Tater Tots or Baked Potato Topped w/ Creamy Cheddar Cheese Sauce Sour Cream & Scallions A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>19</p> <p><u>"Hot Dog Cart"</u> All Beef Hot Dog Topped with your choice of: Chili, Cheese, Onions etc.... Spicy Twister Fries BBQ Baked Beans A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
<p>22</p> <p><u>Build your own Salad Station</u> Create your Own Masterpiece Using Fresh Local Produce and Salad Toppings & finish it off with Grilled Chicken or Marinated Tofu A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>23</p> <p><u>Sono Station</u> Special BYO Burritos <u>"Local" MA</u> Seasoned Beef Chicken or Carne Asada Pork Lettuce, Tomato & Cheese Sour Cream & Salsa Cilantro Lime Rice & Refried Beans A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>24</p> <p><u>"Global Eats"</u> <u>"China"</u> General Tso's Chicken Lucky Fried Rice Oriental Veggie Stir Fry Offered w/ Dinner roll A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>25</p> <p><u>Mac & Cheeseology</u> Creamy Mac & Cheese Topped w/ Choice of: Spicy Buffalo Chicken BBQ Pulled Pork Southwestern Beef Offered w/ Dinner Roll A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>26</p> <p><u>"Oven Baked Chicken"</u> Bone in Herb Roasted Chicken <u>"Local RI"</u> Roasted Potatoes Seasoned Brussel Sprouts Dinner Roll A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>
<p>29</p> <p><u>Memorial Day</u> <u>No School</u></p>	<p>30</p> <p><u>"Great Grilled Cheese Event"</u> Cheddar & Apple Or Three Cheese BLT Served w/ Tomato Soup Herb Roasted Potato Wedges A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p>31</p> <p><u>"Caesar Salad Station"</u> Crisp Romaine Greens tossed w/ Dressing Freshly Grated Parmesan Cheese Crunchy Seasoned Croutons Topped w/ Chicken or Marinated Tofu Warm Baguette A Variety of Chilled Fruit & Vegetable Bar Variety of Milk</p>	<p><u>Breakfast is Offered Daily</u> Menu Rotation Is posted on the District Website You may also view the menu on the Nutrislice App on your mobile device</p>	
<p> Melissa M. Read Director of Dining Services Please contact me with any question. Melissa.Read@compass-usa.com Please let us know if you have a medically documented food allergy, so we may work with you to create and implement a menu plan. </p>				

Middle & High School

Available daily:

Three Cheese Pizza & Pepperoni Pizza

Daily Specials:

Monday- Buffalo Chicken Pizza

Tuesday- Broccoli & Cheese Calzone

Wednesday-Garlic Chicken Pizza

Thursday- Taco pizza

Friday- Italian Stromboli

grilled

Available daily:

Hamburger, Cheeseburger & Chicken Nuggets Offered w/Dinner Roll

Daily Specials:

Monday - Hot Dog on a Roll

Tuesday - Grilled Chicken Ranch BLT

Wednesday - Beef, Bean and Cheese Burrito

Thursday - Italian Meatball Sub

Friday - Crispy Fish Sticks w/ Oven Baked Fries, Tartar Sauce & Dinner Roll



Vegetarian Options

Available daily:

Veggie Burger, Garden Salad w/Egg, Cheese Pizza & Yogurt Parfait

Daily Specials:

Monday - Sun butter & Jelly Sandwich

Tuesday - Grilled Cheese Sandwich

Wednesday - Hummus Fun Lunch

Thursday - Mozzarella Sticks w/Marinara Sauce & Dinner Roll

Friday - Cheese Pizza

ON THE GO

Daily Deli/Salad Specials may include:

Buffalo Chicken Sandwich or Salad Plate

Chicken Caesar Wrap or Salad Plate

Turkey & Cheese BLT Sandwich

Italian Hoagie

Chef w/ Meat Salad Plate

Chef w/Egg Salad Plate

Tuna Sandwich or Salad Plate

Greek Salad Chicken Wrap or Salad Plate

Veggie Wrap

All entrée are offered with Whole Grain Bread

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

All meals are offered with a choice milk (Skim, 1% low fat white or fat free chocolate).

Due to Ongoing Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.