



## North Providence Middle School September Lunch Menu

create  
EXHIBITION

SO  
DELI  
delicious!

Freshly Prepared  
Deli Style  
Sandwiches  
Made to Order  
Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads, Rolls

Extra Extra

### Fruit and Veggie Bar

#### Daily Specials:

**Monday**  
Three Bean Salad

**Tuesday**  
Cucumber Tomato Salad

**Wednesday**  
Mediterranean Bulger Salad

**Thursday**  
Cauliflower Salad

**Power up Foods!** 



			5	6
	 Look for power up days! Energy Boosting Meals		<b>Meatball Sub</b> Italian-Style Meatballs Tossed in Marinara sauce and Topped with Mozzarella Baked Fries	<b>Popcorn Chicken Bar</b> Popcorn Chicken Tossed with Choice of Teriyaki, Sweet & Sour, General Tso, BBQ, and Honey Sriracha
9	10	11	12	13
<b>Grilled Cheese Bar</b> Choose from a Variety of Different types of Grilled Cheeses Tomato Soup or Side Salad	<b>Southern BBQ Chicken</b> Oven Baked BBQ Chicken Legs, Cole Slaw, Corn Bread Baked Beans	<b>Brunch for Lunch!</b> Cinnamon Maple French Toast Served with Sausage Patty and Tater Tots	<b>Mexican Fiesta</b>  Pork Carnitas or Beef Tacos, Cheddar Cheese, Served with Sour Cream and Cilantro Rice	<b>Hand Pressed Burger Bar</b> Hand Pressed Ground Beef Patty Topped with Choice of Cheese, Sauces, Lettuce, Tomatoes, Onions and Pickles
16	17	18	19	20
<b>Sloppy Joe Sandwich</b> Ground Beef in a Saucy Blend of Seasonings on a Roll with Cheese Confetti Cole Slaw	<b>Mexican Fiesta</b>  Nachos Topped with Seasoned Taco Beef, Cheddar Cheese, Sour Cream & Salsa Mexican Black Beans	<b>Breakfast Buffet</b> Scrambled Eggs, Toast, Sausage and Tater Tots served with Maple Syrup	<b>Mediterranean Station</b>  Greek Seasoned Beef with Tzatziki Cucumber Yogurt Sauce topped With Lettuce, Tomatoes, and Red Onions Folded in Flat Bread	<b>Sizzling Salad Bar</b>  Mixed Green Salad topped with Sautéed Chicken or Beef topped with Roasted Veggies and Assorted Toppings and Flatbread
23	24	25	26	27
<b>Chicken Parm Sand</b> Chicken Cutlet Topped with Marinara Sauce & Mozzarella Cheese Served with Caesar Salad	<b>Taco Tuesday</b> Taco Shells stuffed with Seasoned Taco Beef, Shredded Cheese, Lettuce, Salsa and Sour Cream Mexicali Rice	<b>Brunch for Lunch!</b> Pancakes with Fruit Topping offered with Sausage Patty and Tots	<b>Asian Lettuce Cups</b> Boston Bib Lettuce filled with Noodles, Teriyaki Chicken & Vegetables Served with a Cucumber Mandarin Salad Roll	<b>Hot Dog Bar</b> Double Dogs with your choice of Toppings including Chili and Cheese Baked Beans
30				31
<b>BBQ Pork</b> Slow Roasted Pork with BBQ Sauce served with Corn, Roll, Cole Slaw, and Baked Beans				

Menu Subject to Change  All grain items are made with whole grains

All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned)

Any questions please call Donna Humphries, Director of Dining Services at 401-233-1150 ex 13463

If you have any food allergies, please let us know!

Prices: Student Meal: \$2.80 • Reduced Meal: 40¢ • Milk: 50¢ • Adult: \$3.50



Available daily:

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

Daily Specials:

Monday- Cheeseburger Flatbread  
Tuesday- Ham Stromboli  
Wednesday- Buffalo Chicken Pizza  
Thursday- Spinach Calzone  
Friday- Meat lovers Pizza  
**Cheese & Pepperoni Pizza available Daily**

## grilled

Available daily:

Hamburger, Cheeseburger, Chicken Patty, Buffalo Chicken Nuggets  
Chicken Tenders or Chicken Nuggets  
Served with Your Choice of Hot or Cold Vegetables,  
Salad, Fruit and Milk



**SMOOTHIE AND PARFAIT BAR**



Build your own Parfaits and Freshly Made to Order Smoothies

## SALAD BAR



Featuring all New Salad Bar  
Top fresh mixed greens, with a variety of fresh veggies and proteins

## 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

**This institution is an equal opportunity provider**

