













Dec 2019

East Greenwich High School

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | <p>Special News...</p> <p>More Info...</p> <p>A wide assortment of Fresh Fruit and Vegetables are available daily. Low Fat, Flavored Fat Free milk is available.</p> <p>Daily: Pizza, Burgers Plain & Spicy Chicken Patty Sandwiches available.</p> <p>Menus are subject to change without notice.</p> |
|--|---|---|--|---|--|
| 2 General Tso's Chicken w/ Rice Chicken Tender Basket Blueberry Parfait w/ Granola Steamed Broccoli | 3 Cheeseburger Mac & Cheese Corn Dog Basket Blueberry Parfait w/ Granola Black Beans & Salsa | 4 Waffles w/ Cheese Omelet Boneless Wings Basket w/ Dipping Sauce Blueberry Parfait w/ Granola Hashbrown Patty | 5 Beef Enchilada w/ Rice Rib -A-Que Sub Blueberry Parfait w/ Granola Sweet Corn | 6 Salisbury Steak w/ Gravy Pierogis w/ Alfredo Sauce Blueberry Parfait w/ Granola Mashed Potato | |
| 9 MAC & CHEESE BAR Philly Cheese Sub Popcorn Chicken Salad w/ Breadstick Baby Carrots | 10 TACO BAR Krispy Crunch Chicken Basket Popcorn Chicken Salad w/ Breadstick MexiCali Rice | 11 French Toast Sticks w/ Diced Ham Buffalo/Ranch Chicken Wrap Popcorn Chicken Salad w/ Breadstick Hashbrown Patty | 12 NACHO BAR Boneless Buff A Que Chicken Basket Popcorn Chicken Salad w/ Breadstick Baked Beans | 13 Pizza Sticks W/ Dipping Sauce Country Chicken Bowl Popcorn Chicken Salad w/ Breadstick Garden Salad | |
| 16 Shepherd's Pie w/ Dinner Roll Meatball Calzone Turkey, Bacon & Avocado Wrap Green Beans | 17 FUEL!!! RAINBOW FIATBREAD Build a Burrito Day Turkey, Bacon & Avocado Wrap Steamed Broccoli | 18 BURGER BAR Broccoli & Cheddar Flatbread Turkey, Bacon & Avocado Wrap Side Salad | 19 FUEL !!! RAINBOW FLATBREAD Sweet & Sour Chicken w/ Rice Turkey, Bacon & Avocado Wrap Caesar Side Salad | 20 Tomato Basil Soup w/ Grilled Cheese Italian Calzone Turkey, Bacon & Avocado Wrap Roasted Zucchini | |
| 23  H | 24  A | 25  P | 26  P | 27  Y | |
| 30  HO | 31  LI | 1  DA | 2  YS |  | |

Prices: Lunch \$2.85 Reduced \$.40

Did you know, vegan burgers are served daily along with gluten free lunches, a limited amount are made daily but to guarantee a gluten free or vegan lunch please just stop by the kitchen in the morning and they will make sure your meal is ready at your lunch.

