

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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WELCOME BACK!

1

NO SCHOOL

2

MUST SELECT ONE:
MEATBALL SUB ON A WHOLE WHEAT ROLL
CHICKEN PATTY W/VO LETTUCE & TOMATO
CAJUN CHICKEN WRAP
CHEF SALAD
(TOSSED SALAD W/ HAM, TURKEY & CHEESE)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHEESE PIZZA
BUFFALO CHICKEN PIZZA
SLOPPY JOE ON WHOLE WHEAT
TUNA WRAP W/ LETTUCE
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
THREE BEAN SALAD
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

Week 1: (nutrition average): Calories 609, Cholesterol 50mg, Sodium 1122mg, Fiber 8.29g, Iron 3.18mg, Calcium 480.90mg, Vitamin A 5688 IU, Vitamin C 51.93mg, Protein 27.45g, Carbohydrate 86.83g, Total Fat 17.90g, Saturated Fat 6.29g



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MUST SELECT ONE:
GARDEN BURGER
CHEESE PIZZA
TUNA SALAD ON WHOLE WHEAT
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
GARONZO BEAN SALAD
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHICKEN CACCIATORE
(CHICKEN, PEPPERS, ONIONS, SAUCE, PASTA, GARLIC BREAD)
BEEF & BEAN BURRITO
(BEEF, BEANS, CHEESE, SPICES)
TURKEY & CHEESE SUB
CHARLIE TUNA SALAD
(TOSSED SALAD W/ TUNA)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
GRILLED CHICKEN PATTY ON WHOLE WHEAT
CHEESEBURGER ON A WHOLE WHEAT BUN
TURKEY & CHEESE WRAP
GARDEN SALAD W/ CHICKEN
MAY SELECT THREE:
PHYSIDBLE CRACKERS
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHICKEN PARMESAN CALZONE
HOT DOG W/VO FRESH VEGETABLE CHILI
CHEESE PIZZA
VEGGIE PIZZA
CAJUN CHCKEN WRAP
CHEF SALAD
(TOSSED SALAD W/ HAM, TURKEY & CHEESE)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

Week 2: (nutrition average): Calories 684, Cholesterol 53mg, Sodium 1189mg, Fiber 7.79g, Iron 3.12mg, Calcium 511.07mg, Vitamin A 5180 IU, Vitamin C 46.68 mg, Protein 27.99g, Carbohydrate 103.30g, Total Fat 18.28g, Saturated Fat 6.32g

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MUST SELECT ONE:
VEGETABLE CHILI W/ LOCAL TOMATOES & PEPPERS IN TACO BOAT
CHICKEN NUGGETS W/ WHOLE WHEAT BREAD
GRILLED CHEESE
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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NO SCHOOL

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MUST SELECT ONE:
CREOLE CHICKEN WRAP MADE W/ GENELL ROSE SAUCE
CHICKEN PATTY ON WHOLE WHEAT
TURKEY & CHEESE WRAP
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
STEAMED BROWN RICE
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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ALL LOCAL DAY
PASTA & CATANZARO SAUCE
MADE IN RHODE ISLAND
RHODE ISLAND SAUGIES ON LOCALLY BAKED ROLLS
MIXED GREENS SALAD W/ LOCAL EGGS
LITTLE RHODY EGG SALAD SANDWICH
LOW FAT CHOCOLATE CHIP COOKIE
OFFERINGS BAR W/ LOCALLY GROWN FRUITS & VEGETABLES WHEN AVAILABLE
LITTLE RHODY MILK

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MUST SELECT ONE:
CHEESE PIZZA W/ WHOLE WHEAT CRUST
GRILLED CHEESE
TUNA ON WHOLE WHEAT
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
BRUSCHETTA SALAD W/ LOCAL TOMATOES
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

Week 3: (nutrition average): Calories 562, Cholesterol 39mg, Sodium 790mg, Fiber 6.44g, Iron 2.69mg, Calcium 485.51mg, Vitamin A 5931 IU, Vitamin C 48.21mg, Protein 22.87g, Carbohydrate 93.56g, Total Fat 11.44g, Saturated Fat 4.19g

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MUST SELECT ONE:
CALZONE W/ LOCAL TOMATOES & BASIL
VEGETABLE SOUP SERVED W/ A GRILLED CHEESE SANDWICH
GARDEN SALAD WRAP
BIG BIRD SALAD
(TOSSED SALAD W/ EGG)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
TURKEY BURGER ON WHOLE WHEAT
CHEESE PIZZA
TURKEY, HAM & CHEESE SUB
CHEF SALAD
(TOSSED SALAD W/ HAM, TURKEY & CHEESE)
MAY SELECT THREE:
BLACK BEAN SALSA
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
MACARONI & CHEESE W/ WHOLE WHEAT BREAD
WHOLE GRAIN CHICKEN PATTY W/ LETTUCE & TOMATO
HAM & LETTUCE WRAP
POPEYE SALAD
(TOSSED SALAD W/ SPINACH)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHICKEN PARMESAN CALZONE
SLOPPY JOE
EGG, HAM & CHEESE ON A TOASTED, WHOLE WHEAT ENGLISH MUFFIN
GARDEN SALAD W/ CHICKEN
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHEESE PIZZA
FAJITA CHICKEN PIZZA
CALZONE W/ SPINACH & CHICKEN
ALL AMERICAN BURGER
HAM & CHEESE SUB
CHARLIE TUNA SALAD
(TOSSED SALAD W/ TUNA)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

Week 4: (nutrition average): Calories 733, Cholesterol 58 mg, Sodium 1385 mg, Fiber 9.66 g, Iron 4.93 mg, Calcium 512.65mg, Vitamin A 4903 IU, Vitamin C 48.26 mg, Protein 32.62g, Carbohydrate 101.98g, Total Fat 22.74g, Saturated Fat 7.37g

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MUST SELECT ONE:
BRUNCH FOR LUNCH
(FRENCH TOAST STICKS W/ TOPPING BAR FEATURING LOCAL STRAWBERRIES)
VEGGIE QUESADILLA
FRESH SPINACH, TOMATO & CHEESE SUB
CHARLIE TUNA SALAD
MAY SELECT THREE:
ROASTED POTATOES
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
CHEESE PIZZA
HOT DOG ON WHOLE WHEAT W/ BAKED BEANS
EGG, HAM & CHEESE ON A WHOLE WHEAT ENGLISH MUFFIN
CHEF SALAD (TOSSED SALAD W/ HAM, TURKEY & CHEESE)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
PASTA & MEATBALLS W/ GARLIC BREAD
CHEESY CHICKEN PATTY ON WHOLE WHEAT
HAM & LETTUCE WRAP
CHARLIE TUNA SALAD
(TOSSED SALAD W/ TUNA)
MAY SELECT THREE:
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK

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MUST SELECT ONE:
SWEET & SOUR CHICKEN W/ ASIAN VEGETABLES (BOC CHOI, RED BELL PEPPERS, BROCCOLI, BABY SPINACH)
SLOPPY JOE
TURKEY WRAP W/ LETTUCE & CHEESE
GARDEN SALAD W/ CHICKEN
MAY SELECT THREE:
RICE & BLACK BEANS
FRESH FRUIT & VEGGIE SELECTION
LOCAL WHEN AVAILABLE
MAY SELECT ONE: MILK


