

ENJOY



October

2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Grilled Cheese Cole Slaw	29 Hot Dog Baked Beans	30 Meatball Sub Breakfast Potato	1 Pasta & Meat Sauce w/ Roll Tossed Salad	2 Chicken Teriyaki Dippers RI Roasted Potato
Available This Week: Chicken Caesar Wrap, BBQ Chicken & Cheddar Sandwich, Buffalo Chicken Salad, & Garden Salad w/ a Cheese Stick				
5 Beef Nacho's Black Bean Salsa	6 Turkey & Gravy over Mashed Potatoes Carrot Coins	7 Cheesy Omelet w/Bagel Breakfast Potato	10 Chicken Nuggets w/ Roll Side Salad	11 Chicken Quesadilla Corn
Available This Week: Tuna Salad Grinder, Chicken Ranch & Bacon Wrap, Baja Chicken Salad, & Southwest Chicken Salad				
12 NO SCHOOL HOLIDAY	13 Ham & Egg Bagel Potato Wedges	14 French Toast w/ Egg Breakfast Potato	15 Chicken Nuggets w/ a Side of Sweet & Sour Over Rice	16 Beef Taco Tossed Salad
Available This Week: Turkey Sandwich, Buffalo Chicken Wrap, Chicken Caesar Salad, & Ham Pizza Salad				
19 Buffalo Chicken Patty Warm Cinnamon Apples	20 Beef Nacho's Mexicali Corn	21 Chicken Parm Sandwich Breakfast Potato	22 Pasta w/ Meat Sauce & Roll Green Beans	23 Meatball Sub Pasta Salad
Available This Week: All American Sub, Turkey BLT Wrap, Ranch Chicken Salad, & Turkey Chef Salad				
26 Grilled Chicken Sandwich Sweet Potato	27 Chicken Fajita w/ Rice Fiesta Rice	28 French Toast Sticks w/ Sausage Breakfast Potato	29 Shepard's Pie Carrot Coins	30 Turkey & Cheese Panini RI Roasted Potato
Available This Week: Ham & Cheese Sandwich, Chicken Caesar Wrap, Tuna Salad Platter, & Garden Salad w/ a Yogurt				

More Info...

Lunch:
Students: \$2.50
Reduced: .40
Adults: \$3.25

Available Daily:
Skim Milk,
1% White, and
Reduced Fat
Chocolate and
Coffee Milk

Questions and Concerns:

Please Contact:

Lynne Rooney
Foodservice Director
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Foodservice Office
401- 231-1920
Ext. 2654

NICHOLAS A. FERRI MIDDLE SCHOOL LUNCH MENU



Check out the New Fresh Fruit & Veggie Bar
Featuring Fresh RI Produce!

With all meals students may choose up to 3 sides from fresh fruit and vegetable sides: Including great sides like carrots, fresh apples and oranges, roasted potatoes, and other great fruits like peaches. The variety will change daily so please look forward to enjoying something different everyday! Milk is also offered with any meal!

Menus are subject to change without notice.

