

St. Francis of Assisi School Lunch menu



May 2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>Price of Lunch: \$2.50 (free and reduced price (\$.40) meals available for families who qualify)</p> <p>You may apply for free or reduced price meals at any time during the school year. Applications are available at www.braintreeschool.org under the school lunch link.</p>	<p>Available as entrée choices every day: PBJ, Fresh Garden Salad with breadstick, Bagel with cheese cubes</p> <p>Assorted flavors of 8oz Milk: \$.50</p> <p>Please prepay for meals using cash (in an envelope clearly marked with your child's name) or check (with your child's name written in the memo section of the check).</p>			<p>1</p> <p>Domino's Pizza Baby Carrots Celery Sticks (4 4" sticks) Light Ranch Dip Cookie Choice of Milk</p>
<p>4</p> <p>Cheesy Lasagna in Sauce Italian Green Beans Fresh apple Whole Wheat Breadstick Choice of Milk</p>	<p><i>Cinco de Mayo!</i> 5</p> <p>Soft Taco Lettuce and Tomato Salsa Rice Corn Pears Choice of Milk</p>	<p>6</p> <p>NOON DISMISSAL NO LUNCH SERVED</p>	<p>7</p> <p>Hot Dog on a bun Pickles Condiments Fresh Grapes Homestyle Baked Beans Choice of Milk</p>	<p>8</p> <p>Domino's pizza Baby Carrots Cucumber circles Light Ranch Dip Cookie Choice of Milk</p>
<p>11</p> <p>Nachos with Chicken Salsa Lettuce and Tomato Vegetarian Beans Corn Bread Choice of Milk</p>	<p>12</p> <p>Hot Egg and Cheese on a Bagel Mr. J's Blue Raspberry Juice Fresh Grapes Choice of Milk</p>	<p>13</p> <p>Chicken Parm served with Pasta and sauce Whole Wheat Breadstick Fresh Garden Salad Dressing on side Apricots Choice of Milk</p>	<p>14</p> <p>RiBBQ on a hamburger bun Sweet Potato Apple Bake Pears Animal Crackers Choice of Milk</p>	<p>15</p> <p>Domino's Pizza Baby Carrots Celery Sticks Light Ranch Dip cookie Choice of Milk</p>
<p>18</p> <p>Chicken Nuggets Spiral Pasta Dipping sauces Carrot coins Mixed Fruit Choice of Milk</p>	<p>19</p> <p>Pasta with Chicken and Trees Whole wheat breadstick Italian Green Beans Peaches Choice of Milk</p>	<p>20</p> <p>Baked Potato Shredded cheese Broccoli Baked Pretzel Bacon bits Pears Choice of Milk</p>	<p>21</p> <p>Italian Chicken Quesadilla Rice Salsa Corn Raisins Choice of Milk</p>	<p>22</p> <p>Domino's Pizza Baby Carrots Cucumber circles Light Ranch Dip Cookie Choice of Milk</p>
<p>25</p> <p>NO SCHOOL MEMORIAL DAY</p>	<p>26</p> <p>Hamburger or Cheeseburger on a bun Pickles Condiments Potato Wedges Applesauce Choice of Milk</p>	<p>27</p> <p>Meatball Sub Fresh Garden Salad Dressing on the side Pears Golden Fruit Crisp Choice of Milk</p>	<p>28</p> <p>Macaroni and Cheese Whole Wheat Breadstick Honey Roasted Sunflower Seeds Mixed Veggies Warm Cinnamon Apple Slices Choice of Milk</p>	<p>29</p> <p>Domino's Pizza Baby Carrots Celery Sticks Light Ranch Dip Cookie Choice of Milk</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE Did you know...May is National Physical Fitness month and Strawberry month? Strawberries are a great source of Vitamin C, and are part of a nutritious diet which will help you stay physically fit! Remember "5-2-1-almost none" to promote physical fitness: Every day-5 servings of fruits and veggies; less than 2 hours of screen time; 1 hour of physical activity; **almost none** of sweetened beverages.

