






Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week
2 Grilled Chicken Breast on a Whole Wheat bun Lettuce & Tomato Topper Roasted Sweet potatoes with Cinnamon & Brown Sugar Pears	3 Whole Wheat Pancakes Homemade Blueberry sauce topping Sausage links and Cheese stick Syrup Fresh Orange wedges Applesauce 	4 Personal Pizza Baby Carrots Cucumber Circles Light Ranch Dip Warm Apple Crisp	5 Noon dismissal No lunch served	6 GOOD FRIDAY No school 	Asian Chicken Wrap A nutritious and savory sandwich wrap with an Asian twist. Includes Chicken, hoisin sauce, brown rice, carrots and lettuce wrapped up in a tortilla.
9 Turkey Hot Dog on a whole wheat bun Homemade Vegetarian Baked Beans Peaches Condiments Warm Blueberry Crisp	10 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Cookie	11 No School NCEA convention	12 No School NCEA convention	13 No School NCEA convention	Ham & Cheese Sub <i>Sliced ham and American cheese served on a whole wheat sub roll</i>
16	17 Vacation	18 Week!	19 	20 	
23 Ribbq on a wheat hamburger bun Crisp Lettuce & juicy tomato topper Honey Glazed Carrot Coins Warm Apple Slices with Cinnamon	24 Chicken Fajita Shredded lettuce & Diced tomato Salsa Rice Spicy Buffalo Dip Fresh Broccoli Florets	25 Choice of hamburger or cheeseburger on whole wheat bun Crisp Lettuce & juicy tomato topper Potato Wedges Fresh apple or other fresh fruit	Arbor Day (Apr 27) 26 Spirals and Trees with Chicken (Whole Wheat Spiral Pasta with tender broccoli & diced chicken) Whole Wheat Bread Stick Corn Warm Apple Crisp 	27 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Cookie	Tuna Salad on a Whole Wheat Hamburger Roll <i>Tuna Salad, a good source of vitamin D and the "healthy" Omega-3 type of fat, served generously on a hamburger roll</i>
30 Chicken Nuggets BBQ sauce Whole Wheat pasta Baby Carrots Homemade Hummus Peaches	Price of Lunch: \$2.50 (free and reduced price (\$0.40) meals available for families who qualify) Ala Carte Milk: \$0.50 Milk is included with every meal, every day. Price for the month of April is \$27.50	Applications for free or reduced priced meals available at all school offices and at www.braintreeschools.org . Contact Megan Ahrenholz, RD with questions or comments at mahrenholz@braintreema.gov or 781-380-0144.	You can now prepay and check balances and transactions online! Go to www.mynutrikids.com to register. Enter 02184 as the zip code and choose Braintree Public Schools. Then follow the instructions on the site.	Available as entrée choices every day: PB & J Sandwich Fresh Garden Salad with Breadstick or Pita Bread Wheat Bagel with Light Cream Cheese, served with Cheese Cubes or Sunflower Butter Fresh Fruits and/or veggies are available to accompany meals every day.	Sweet and Crunchy Yogurt Parfait <i>Sweet and Tangy lowfat vanilla yogurt layered with blueberries, strawberries or other assorted fruits Served with Animal Crackers</i>

St. Francis of Assisi School
Lunch Menu



APRIL 2012

MENU SUBJECT TO CHANGE WITHOUT NOTICE
(All Weekly Specials include the choice of the day's fruit, veggie and milk)

Did you know... April is National Humor Month, National Stress Awareness month and National Garden Month? To celebrate, here are a few humorous jokes about foods that can come from a garden to help relieve stress!

Q: What has ears but can't hear a thing?
A: A cornfield!

Q: Why did the orange go to the doctor?
A: Because he wasn't peeling very well!

Q: What is small, red, and whispers?
A: A hoarse radish!
For more "corny" fruit & veggie jokes, and to learn why they are called "corny" jokes, visit <http://healthymeals.nal.usda.gov/hsmrs/Fruits%20and%20Vegetables%20Galore/Jokes.pdf>