| Monday | Tuesday | Wednesday | Thursday | Friday | Special Entrée of the Week |
| --- | --- | --- | --- | --- | --- |
| Available as entrée choices everyday:  PB & J sandwich with graham crackers and cheese stick  Fresh Garden Salad with Pita Bread | Price of lunch: **$3.25** (free and reduced price $0.40 meals available for families that qualify)  A la Carte Milk: $0.50  Milk and assorted veggies and fresh and cupped fruit is included at every meal every day. | Applications for free or reduced meals available at school office and at [www.braintreeschools.org](http://www.braintreeschools.org)  Contact Megan Ahrenholz, RD with questions or comments at [mahrenholz@braintreema.gov](mailto:mahrenholz@braintreema.gov)  or 781-848-4000 x 7045 | You can now prepay and check balances and transactions online! Go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to register. | 1  **Big Daddy’s Pizza**  Baby Carrots  Cucumber Slices  Lite Ranch Dip  Cookie  Fruit | **Southwestern chicken salad** |
|  |  |
| 4  **Chicken Potato Bowl**  Creamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblets, with or without gravy  Whole grain Dinner Roll  Fresh Fruit Cup | 5  **Beef Chili in a Bread Bowl**  Shredded Cheese  Tortilla Chips  Steamed Broccoli  Apple Crisp | 6  **Fish-In-chips**  Acadian Red fish breaded in Cape Cod potato chips  Baked Krinkle Cut French fries  Homemade cole slaw  redfish 222Choice of condiment  Dinner roll  Fresh Fruit | 7  No School | 8  **Big Daddy’s Pizza**  Baby Carrots  Celery  Light ranch Dip  Cookie | **New England Turkey Wrap** |
| 11  **Crispy Chicken Patty on WW Bun**  Lettuce & Tomato Topper  Crispy Crunchy Chick Peas  Ketchup  Fresh Fruit Cup | 12  **Loaded Potato Wedges**  Light sour cream  Fresh chopped scallions  C:\Users\aho\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RJN1UDHO\95px-Pretzel[1].pngBacon bits  Cheese Sauce  Soft Pretzel  Fruit | 13  **Breakfast for lunch!**  Yogurt  Choice of Cereal  Giant Goldfish Cinnamon Graham crackers  Mozzarella String cheese  Tater Tots  Fruit | 14  **Hamburger/Cheeseburger on WW Bun**  Cheese  Tomato & Lettuce Toppers  Pickles  Roasted Red Potatoes  Fruit | 15  **Domino’s Smart Slice Pizza**  Baby carrots  Celery  Light ranch Dip  Cookie  Fruit | Power Pack Meal  Whole Grain pita chips  Creamy Tribe hummus  Crisp fresh Veggie sticks for dipping  Cheese Stick |
| 18  **Ham & Cheese Flatbread** **Sandwich**  Pickles  Dippable Potato Wedges  C:\Users\aho\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JWS7BOWC\food-pickle[1].pngCondiments  Fruit | 19  **Chicken nuggets**  Pasta  Condiments  Steamed Carrots  Homemade Kale chips  Fruit | 20  HALF DAY  NO LUNCH SERVED  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\children_choir[1].png | 21  **Soft Taco**  Cheese  Salsa  Shredded Romaine Lettuce  Corn  Bean Salad  Lowfat Sour Cream  Peaches | 22  **Big Daddy’s Pizza**  Assorted Fresh vegetables  Lite Ranch Dip  Cookie  Fruit | **Sunberry Crunch Wrap**  Nut-free Sunflower seed butter, sweet-tart dried cranberries, and a little taste of matchstick carrots and baby spinach with a little zing of Sriracha sauce in a whole wheat wrap |
| 25  Have a great winter break! | 26 | 27 | 28 | 29 | C:\Users\aho\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RJN1UDHO\snowman[1].gif |
| Do you enjoy working with kids and have an interest in food and nutrition? Braintree’s School Food & Nutrition Department is looking for people to substitute work in the schools’ kitchens! Please contact Megan Ahrenholz, School Nutrition Director for more information at 781-848-4000x7045 or [mahrenholz@braintreema.gov](mailto:mahrenholz@braintreema.gov). This institution is an equal opportunity provider. | | | | | |



St. Francis of Assisi School Lunch Menu

December 2017

MENU SUBJECT TO CHANGE WITHOUT NOTICE

(All Weekly Specials include the choice of the day’s fruit, veggie and milk)

Did you know…

Cranberries are native to North America. About 400 million pounds are consumed in the U.S. per year!

Cranberries are a good source of fiber, phytonutrients, vitamins, and minerals, including vitamin C! Sailors used to eat cranberries for their vitamin C to prevent scurvy.

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