| Monday | Tuesday | Wednesday | Thursday | Friday | Special Entrée of the Week |
| --- | --- | --- | --- | --- | --- |
| Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stickFresh 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: $0.50Milk 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.govor 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 SlicesLite Ranch DipCookie Fruit  | **Southwestern chicken salad** |
|  |  |
| 4**Chicken Potato Bowl**Creamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblets, with or without gravyWhole grain Dinner RollFresh 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 chipsBaked Krinkle Cut French fries Homemade cole slaw redfish 222Choice of condiment Dinner rollFresh Fruit  | 7No School | 8**Big Daddy’s Pizza** Baby Carrots Celery Light ranch DipCookie  | **New England Turkey Wrap**  |
| 11**Crispy Chicken Patty on WW Bun** Lettuce & Tomato Topper Crispy Crunchy Chick PeasKetchupFresh Fruit Cup  | 12**Loaded Potato Wedges**Light sour creamFresh chopped scallionsC:\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 cheeseTater Tots Fruit | 14**Hamburger/Cheeseburger on WW Bun** Cheese Tomato & Lettuce Toppers Pickles Roasted Red Potatoes Fruit  | 15**Domino’s Smart Slice Pizza** Baby carrotsCelery Light ranch DipCookie Fruit  | Power Pack MealWhole Grain pita chipsCreamy Tribe hummusCrisp fresh Veggie sticks for dippingCheese 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 CondimentsSteamed Carrots Homemade Kale chips Fruit | 20HALF DAY NO LUNCH SERVEDC:\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 DipCookie 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 |
| 25Have 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. This institution is an equal opportunity provider. |

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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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