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| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***St. Francis of Assisi School Lunch MenuFebruary 2017MENU SUBJECT TO CHANGE WITHOUT NOTICE(All Weekly Specials include the choice of the day’s fruit, veggie and milk)Did you know…**February 19th is National Popcorn Day!**C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DNVPZKSW\popcorn[1].gifPopcorn is a nutritious snack! It’s a whole grain AND low in fat and sodium! Here are some ways to add some fun to plain popcorn:- Drizzle olive oil with a sprinkle of Parmesan cheese- Mix in some chili powder or paprika for a kick- Add melted dark or milk chocolate for a sweet treat |
| Price of lunch: $3.25 (free and reduced price $0.40 meals available for families that qualify)Al a Carte Milk: $0.50 | Milk and assorted veggies and fresh and cupped fruit is included at every meal every day. | 1Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles CondimentsHomemade Baked Beans Fruit | 2Soft Taco Cheese Salsa Corn Mixed Fruit  | 3Domino’s Pizza Baby carrots Celery Sticks Light Ranch DipCookie Fruit  | **Earthy Crunchy Wrap** A whole wheat tortilla filled with creamy Sunflower butter, Crisp matchstick carrots, plump sweet raisins and crunchy sunflower seeds |
| 6Pancakes Sausage SyrupBlueberry dipping sauce Roasted Sweet Potatoes with Cinnamon and Brown Sugar Sliced Strawberries | 7HALF DAY No Lunch Served C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\snowmen-playing-snow[1].gif | 8RiBBQ on Whole Wheat Bun Tomato and lettuce toppers Baked Krinkle Cut French fries FruitBlueberry Crisp | 9Chicken Dinner Mashed Potatoes GravyCorn Dinner RollFruit  | 10Personal Pizza Baby carrots Cucumber CirclesPepper SlicesLight Ranch DressingFruit Cookie  | **Ham and Cheese Sub** |
| 13Mac & Cheese Green BeansCarrot Coins Fresh Fruit  | 14**Celebrate Valentine’s Day!**Cupid’s Chicken NuggetsDarling Dinner RollCondimentsSweetheart Sweet Potatoes roasted with cinnamon and sugar Crunchy cute Kale chipsFruitC:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\happy-valentines-day-wallpaper-03[1].jpg | 15Beefy Nachos Tortilla Chips Cheese Salsa Rice Shredded Romaine Lettuce Refried Beans Lowfat Sour Cream Peaches | 16Pulled Pork Sandwich Baked Krinkle Cut French fries Homemade Cole slaw Fresh Fruit **C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DNVPZKSW\BBQ-t04rh5[1].gif** | 17Domino’s PizzaBaby carrots Celery Sticks Cucumber circles Light Ranch DipCookie Fruit | **Caprese Salad**Fresh tomatoes, fresh basil, and mozzarella cheese served with a breadstickC:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\caprese[1].jpg |
| 20February Vacation WeekNo School | 21 | 22 | 23 | 24 |  |
| 27Chicken Potato BowlCreamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblets, with or without gravyWhole grain Dinner RollBlueberry & Pear cup |  28Grilled Cheese SandwichHomemade Southwestern Tortilla soup Garden Side Salad Light Ranch DressingFruit  | 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 | Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stickFresh Garden Salad with Pita Bread | You can now prepay and check balances and transactions online! Go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to register. This institution is an equal opportunity provider | **Tuna on a Bun** |