|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***  St. Francis of Assisi School Lunch Menu  February 2017  MENU 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].gif  Popcorn 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. | 1  Choice of Hamburger or Cheeseburger on a WW Bun  Tomato and lettuce toppers  Pickles  Condiments  Homemade Baked Beans  Fruit | 2  Soft Taco  Cheese  Salsa  Corn  Mixed Fruit | 3  Domino’s Pizza  Baby carrots  Celery Sticks  Light Ranch Dip  Cookie  Fruit | **Earthy Crunchy Wrap**  A whole wheat tortilla filled with creamy Sunflower butter, Crisp matchstick carrots, plump sweet raisins and crunchy sunflower seeds |
| 6  Pancakes  Sausage  Syrup  Blueberry dipping sauce  Roasted Sweet Potatoes with Cinnamon and Brown Sugar  Sliced Strawberries | 7  HALF DAY  No Lunch Served  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\snowmen-playing-snow[1].gif | 8  RiBBQ on Whole Wheat Bun  Tomato and lettuce toppers  Baked Krinkle Cut French fries  Fruit  Blueberry Crisp | 9  Chicken Dinner  Mashed Potatoes  Gravy  Corn  Dinner Roll  Fruit | 10  Personal Pizza  Baby carrots  Cucumber Circles  Pepper Slices  Light Ranch Dressing  Fruit  Cookie | **Ham and Cheese Sub** |
| 13  Mac & Cheese  Green Beans  Carrot Coins  Fresh Fruit | 14  **Celebrate Valentine’s Day!**  Cupid’s Chicken Nuggets  Darling Dinner Roll  Condiments  Sweetheart Sweet Potatoes roasted with cinnamon and sugar  Crunchy cute Kale chips  Fruit  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\happy-valentines-day-wallpaper-03[1].jpg | 15  Beefy Nachos  Tortilla Chips  Cheese  Salsa  Rice  Shredded Romaine Lettuce  Refried Beans  Lowfat Sour Cream  Peaches | 16  Pulled 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** | 17  Domino’s Pizza  Baby carrots  Celery Sticks  Cucumber circles  Light Ranch Dip  Cookie  Fruit | **Caprese Salad**  Fresh tomatoes, fresh basil, and mozzarella cheese served with a breadstick  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\caprese[1].jpg |
| 20  February Vacation Week  No School | 21 | 22 | 23 | 24 |  |
| 27  Chicken Potato Bowl  Creamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblets, with or without gravy  Whole grain Dinner Roll  Blueberry & Pear cup | 28  Grilled Cheese Sandwich  Homemade Southwestern Tortilla soup  Garden Side Salad  Light Ranch Dressing  Fruit | 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 | Available as entrée choices everyday:  PB & J sandwich with graham crackers and cheese stick  Fresh 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** |