| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* | ***Special Entrée of the Week*** | **St. Francis of Assisi**  |
| --- | --- | --- | --- | --- | --- | --- |
| 1New Year’s DayC:\Users\mahrenholz\Desktop\16abc9145aec5bc8bd60d4422a5affbd--new-year-greeting-cards-new-year-greetings.jpgNo School | 2**Choice of Hamburger or Cheeseburger on WW Bun** Tomato & Lettuce ToppersPickles Potato Wedges Fresh Grapes  |  3**Chicken Fajita** Cheese Salsa Corn Fruit  | 4**Beef & Broccoli Teriyaki Rice Bowl** Candied Roasted Chic Peas Fortune Cookie |  5 **Big Daddy’s Pizza**Baby Carrots Celery Light ranch DipCookie  | 6**Sunbutter & jelly sandwich****Nut-free Sunflower seed butter and classic grape jelly on whole wheat bread. Offered with** **Cheddar cheese Cubes**  | **School Lunch Menu****January 2018**MENU SUBJECT TO CHANGE WITHOUT NOTICE **January 15-19 is Sugar Awareness Week!** |
| 8**RiBBQ on Whole Wheat Bun**Lettuce & Tomato ToppersMixed VeggiesFruitApplesauce | 9**Loaded potato Wedges**Light sour cream Fresh chopped scallionsBacon bitsCheese SauceSoft Pretzel | 10**Meatball Sub**Garden Side SaladLight Ranch DressingMixed VeggiesFruit | 11**Grilled Cheese Sandwich** Tomato SoupCrispy Crunchy ChickpeasPepperidge Farm GoldfishPeaches | 12**Domino’s Smart Slice Pizza**Baby carrots CeleryLight ranch DipCookie  | **Buffalo Bill Wrap****Diced chicken with Spicy Buffalo sauce wrapped up with crunchy veggies in a whole wheat wrap** | *Did you know that food labels are changing this year?*On average, Americans get about 13% of their daily calories from added sugars - in soda, juice and sweets. |
| 15**MLK****No School** | 16**Chicken Florentine Pasta**Soft Garlic BreadstickGarden Side SaladDressingFruit | 17**Sloppy Joe on a Bun**Homemade Baked BeansRoasted Red PotatoesApple or blueberry Crisp | 18C:\Users\mahrenholz\Desktop\download.jpg**Unbelievably Good Homemade Lasagna**Steamed BroccoliCarrot coinsBreadstick Fruit | 19**Big Daddy’s Pizza**Assorted Fresh vegetables Lite Ranch DipCookie Fruit | **Tuna on a bun** | C:\Users\mahrenholz\Desktop\download.pngThe new food labels will show you which foods have added sugars so you can choose them less often. |
| 22**Mac & Cheese**Green BeansSteamed CornFruit  | 23**American Chop Suey**Smile FriesFresh Orange “Smiles” | 24**Teriyaki Glazed Chicken & Rice Bowl**Steamed BroccoliMandarin orangesCandied Roasted Chickpeas Fortune cookie | 25**Fish Taco** Crunchy cole slawCitrus Infused RiceCinnamon Roasted Plantains | 26**Big Daddy’s Pizza**Baby CarrotsCeleryLight ranch DipCookie | **Pizza Power Pack Meal****Deliciously soft Whole grain flat bread, served with pizza sauce & mozzarella cheese on the side so kids can make their own mini pizzas!** | Contact Megan Ahrenholz, RD with questions or comments at 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.  |
| 29**Chicken nuggets**Pasta CondimentsSteamed CarrotsHomemade Kale chipsFruit | **30****HALF DAY** **NO LUNCH SERVED** | 31**Beef Chili in a Bread Bowl** CheeseTortilla ChipsCornApple Crisp  | 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.** | **Breakfast for Lunch!**YogurtChoice of Cereal Giant Goldfish Cinnamon Graham crackers Mozzarella String cheese  | White skim and white 1%, fat free chocolate milk are offered every day with every meal or al a carte.A la carte milk: $.50Assorted fruits and veggies are included with every meal every day & may also be sold as a snack for $.50.This institution is an equal opportunity provider. |

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.