| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* | ***Special Entrée of the Week*** | **St. Francis of Assisi** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  New Year’s Day  C:\Users\mahrenholz\Desktop\16abc9145aec5bc8bd60d4422a5affbd--new-year-greeting-cards-new-year-greetings.jpgNo School | 2  **Choice of Hamburger or Cheeseburger on WW Bun**  Tomato & Lettuce Toppers  Pickles  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 Dip  Cookie | 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 Toppers  Mixed Veggies  Fruit  Applesauce | 9  **Loaded potato Wedges**  Light sour cream  Fresh chopped scallions  Bacon bits  Cheese Sauce  Soft Pretzel | 10  **Meatball Sub**  Garden Side Salad  Light Ranch Dressing  Mixed Veggies  Fruit | 11  **Grilled Cheese Sandwich**  Tomato Soup  Crispy Crunchy Chickpeas  Pepperidge Farm Goldfish  Peaches | 12  **Domino’s Smart Slice Pizza**  Baby carrots  Celery  Light ranch Dip  Cookie | **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 Breadstick  Garden Side Salad  Dressing  Fruit | 17  **Sloppy Joe on a Bun**  Homemade Baked Beans  Roasted Red Potatoes  Apple or blueberry Crisp | 18  C:\Users\mahrenholz\Desktop\download.jpg**Unbelievably Good Homemade Lasagna**  Steamed Broccoli  Carrot coins  Breadstick  Fruit | 19  **Big Daddy’s Pizza**  Assorted Fresh vegetables  Lite Ranch Dip  Cookie  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 Beans  Steamed Corn  Fruit | 23  **American Chop Suey**  Smile Fries  Fresh Orange “Smiles” | 24  **Teriyaki Glazed Chicken & Rice Bowl**  Steamed Broccoli  Mandarin oranges  Candied Roasted Chickpeas  Fortune cookie | 25  **Fish Taco**  Crunchy cole slaw  Citrus Infused Rice  Cinnamon Roasted Plantains | 26  **Big Daddy’s Pizza**  Baby Carrots  Celery  Light ranch Dip  Cookie | **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](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. |
| 29  **Chicken nuggets**  Pasta  Condiments  Steamed Carrots  Homemade Kale chips  Fruit | **30**  **HALF DAY**  **NO LUNCH SERVED** | 31  **Beef Chili in a Bread Bowl** Cheese  Tortilla Chips  Corn  Apple 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!**  Yogurt  Choice 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: $.50  Assorted 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.