


<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Special Entrée of the Week (grades 6-8 only)</i>
1 Homemade Whole Wheat Creamy Mac & Cheese Green Beans Honey Glazed Carrot Coins Pears	2 Crispy chicken Patty on a bun Tomato & Lettuce Toppers Carrot Coins Fresh Watermelon slice	3 Whole Wheat Spaghetti With or without meatballs & sauce Roasted Cauliflower with Parmesan Cheese Fresh Apple	4 Soft Taco Cheese Salsa Rice Corn Shredded Romaine Lettuce Lowfat Sour Cream Peaches	5 Domino's Smart Slice Pizza Baby carrots Celery Sticks Crispy Crunchy chic Peas Light Ranch Dip Cookie	Ham and cheese sub
8 Beefy Nachos Cheese Salsa Shredded Romaine Lettuce Lowfat Sour Cream Fruit	9 Hot Dog on a Bun Homemade Baked Beans Roasted Red Potatoes Fresh grapes condiments	10 French Toast Sticks Syrup Sausage Fresh Cantaloupe chunks Brown Sugar Baked Sweet Potatoes with Cinnamon Ketchup	11 Teriyaki Glazed Chicken & Rice Bowl Steamed Broccoli Candied Chic Peas Mandarin oranges Fortune cookie	12 Domino's Smart Slice Pizza Celery Sticks Cucumber circles Light Ranch Dip Fruit Homemade Cake dusted with powdered sugar	You Want it Chicken Bacon Ranch Salad Crispy Breaded chicken, & crumbled Bacon, served on a bed of lettuce with cucumbers, shredded carrots and with a side of croutons. Offered with Light Ranch Dressing.
15 Unbelievably Good Homemade Lasagna Carrot Coins Breadstick	16 Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles Condiments Baked Krinkle Cut fries Pears	17 Chicken Nuggets Seasoned Pasta Steamed Broccoli Green Beans Condiments Blueberry crisp	18 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Fruit Cookie	19 Half Day No Lunch served	Southwestern Chicken Salad Fajita Seasoned chicken strips, tomatoes, cucumbers and cheese served on a Romaine Iceberg blend with a side of Salsa and Light ranch dressing
You can now prepay and check balances and transactions online! Go to www.myschoolbucks.com to register. This institution is an equal opportunity provider	Price of lunch: \$3.00 (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. Price for the month of June is \$42.00	Applications for free or reduced meals available at school office and at www.braintreeschools.org Contact Megan Ahrenholz, RD with questions or comments at mahrenholz@braintreema.gov Or 781-794-8473.	Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick Fresh Garden Salad with Pita Bread	Enjoy your Summer Vacation!  IT'S SUMMER!

Braintree St Francis of Assisi School Lunch Menu

June 2015

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Did you know... June is National Fresh Fruit and Vegetable Month?

Increase how many fresh fruits and vegetables you eat daily with these tips:

1. Add a handful of berries to yogurt, cereal, or oatmeal in the morning.
2. Slice some carrots, celery, cucumbers, or peppers for an afternoon snack. Serve with nut butter, hummus, or dressing for extra flavor.
3. Shop for in-season produce (asparagus, cabbage, carrots, and broccoli) to save money.



All negative balances MUST be paid by JUNE 18! Any positive balances will carry over to next school year. Students not returning to SFAB in the fall may request a balance transfer to another student or to a Braintree Public Schools account, or a refund.