

March 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée
<p><i>Dr. Seuss's Bday!</i> 3</p> <p>One fish (Sea shape fish nuggets) Two fish (cheddar cheese Gold fish crackers) Hop On Tater Tots! Big Grinch smiles (Orange Wedges)</p>	<p>4</p> <p>Roasted Turkey Dinner Gravy Cranberry Sauce Dinner Roll Mashed Potatoes Broccoli & Parmesan Cheese Applesauce</p>	<p>5</p> <p>Early Dismissal No lunch served</p>	<p>6</p> <p>Grilled Cheese Sandwich Southwestern Tortilla soup Green Beans Applesauce</p>	<p>7</p> <p>Domino's Pizza Baby Carrots Celery Sticks Light Ranch Dip Creamy Ranch Hummus Raisins Cookie</p>	<p>Grades 6-8 only <i>B.L. Turkey Sandwich</i></p>
<p>10</p> <p>Teriyaki Glazed Chicken & Rice Bowl Oriental veggies Crispy Crunchy Chick Peas Mandarin oranges Fortune cookie</p>	<p>11</p> <p>Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles Condiments Oven Baked French Fries Raisins</p>	<p>12</p> <p>Soft Taco Cheese Salsa Shredded Romaine Lettuce Lowfat Sour Cream Peaches</p>	<p>13</p> <p>Creamy Homemade Macaroni & Cheese Mixed Veggies Roasted cauliflower with parmesan cheese Fruit cup</p>	<p>14</p> <p>Domino's Pizza Pears Fresh Garden Salad Baby Carrots Light Ranch Dressing Cookie</p>	<p><i>Lunch Muncher</i></p>
<p><i>Saint Patrick's Day!</i> 17</p> <p>"Golden Coins" (Chicken Nuggets) Dinner Roll Potato Wedges Green Beans Condiments Pears</p>	<p>18</p> <p>Sloppy Joe on a whole wheat bun Steamed Broccoli Corn Fruit Cup</p>	<p>19</p> <p>Chili in a bread bowl Shredded Cheese Tostitos Tortilla Chips Applesauce Jell-O with or without topping</p>	<p>20</p> <p>Whole Wheat French Toast Sticks Syrup Sausage Applesauce Tator Tots</p>	<p>21</p> <p>Personal Pizza Baby Carrots Cucumber Circles Creamy Ranch Hummus Light Ranch Dressing Blueberry Fruit Crisp</p>	<p><i>Earthy Crunchy Wrap: Sun butter, shredded carrots, Raisins in a whole wheat wrap</i></p>
<p>24</p> <p>Shredded BBQ turkey on hamburger bun Cole Slaw Oven Baked French Fries Fruit Cup</p>	<p>25</p> <p>Stuffed shells with sauce Corn Raisins</p>	<p>26</p> <p>RiBBQ on a hamburger bun Homemade Baked Beans Potato Wedges Assorted fresh and cupped fruit</p>	<p>27</p> <p>Roasted Chicken Dinner Gravy Cranberry Sauce Dinner Roll Sweet potatoes with Cinnamon and Brown sugar Kale Crisps Applesauce</p>	<p>28</p> <p>Domino's Pizza Baby Carrots Crisp Broccoli Florets Light Ranch Dip Creamy Ranch Hummus Cookie Assorted fresh and cup fruit</p>	<p><i>Chicken Caesar Salad Wrap</i></p>
<p>31</p> <p>Choice of Hamburger or Cheeseburger Tomato & Lettuce toppers Potato wedges Carrot Coins Fruit</p>	<p>You can now prepay and check balances and transactions online! Go to www.myschoolbucks.com to register.</p>	<p>Price of lunch: \$2.75 (free and reduced price \$0.40 meals available for families that qualify) Al a Carte Milk: \$0.50 Price for March is \$55.00</p>	<p>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@braintree.ma.gov Or 781-380-0144.</p>	<p>Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick Fresh Garden Salad with Pita Bread</p>	<p><i>Sweet & Crunchy Yogurt Parfait</i></p>

St. Francis of Assisi School Lunch Menu

MENU SUBJECT TO CHANGE WITHOUT NOTICE
(All meals include fruit, veggie and milk)

Did you know March is **National Nutrition Month?**

Enjoy the Taste of Eating Right is the theme for this year's healthy celebration. Why not enjoy breakfast by combining **taste and nutrition?**

Try this **Cinnamon French Toast** * recipe to start your day with loads of flavor and nutrition.

To make this a weekend treat, top with fresh or frozen berries and some ricotta cheese.

Happy Saint Patrick's Day!



*French Toast Recipe: In a small bowl, combine eggs, vanilla and nutmeg. Whisk to mix evenly. Dip whole grain bread slice into the egg mixture, coating both sides. Place a nonstick frying pan over medium heat. Add the bread. Sprinkle with cinnamon. Cook until both sides are golden brown, about 4 to 5 minutes on each side.

