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| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***St Francis of Assisi Braintree School Lunch MenuMay 2017MENU SUBJECT TO CHANGE WITHOUT NOTICE(All Weekly Specials include the choice of the day’s fruit, veggie and milk)Did you know…**May is Strawberry Month!**Q: How many seeds strawberries have on the outside? A: 200 seeds! Strawberries are the only fruits to have their seeds on the outside.Q: Which strawberries are sweeter, cold or at room temperature?A: Strawberries at room temperature are sweeter than cold strawberries!Milk and assorted veggies and fresh and cupped fruit is included at every meal every day.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.govor 781-848-4000 x 7045 |
|  MAY 1**Mac & Cheese** Roasted Cauliflower with Parmesan Cheese Steamed Broccoli Fresh Fruit | 2**Hamburger or Cheeseburger on WW Bun**Tomato and lettuce toppersPickles CondimentsHomemade Baked Beans Fruit | 3**Fish-In-chips**Acadian Red fish breaded in Cape Cod potato chipsBaked Potato Wedges Homemade coleslaw Choice of condiment Dinner rollFresh Fruit  | 4**Soft Taco**Cheese Salsa Shredded Romaine Lettuce Corn Mixed Fruit  | 5**Personal Pizza**Baby carrots Celery Sticks Light Ranch DipCookie Fruit | **Earthy Crunchy Wrap**Creamy Sunflower Seed butter spread on a Whole wheat wrap, and sprinkled with Raisins, shredded carrots and Roasted Sunflower seeds |
| 8**French Toast Sticks**SyrupRoasted Sweet Potatoes with Cinnamon and Brown Sugar Sliced Strawberries  | 9**Chicken Nuggets**Dinner RollCondimentsSteamed Carrots Homemade Kale chips Fruit | 10**WW Spaghetti** **with or without Meat Sauce**BreadstickOven Roasted Chickpeas Fresh Garden Side Salad C:\Users\kitchen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WYIA8JJ7\pasta-spaghetti-bolognese-dish-for-fast-food-menu-5157-large[1].pngDressing Fruit  | 11**Oven Roasted Chicken** Mashed Potatoes Steamed Broccoli Dinner Roll Peach cup  | 12**Big Daddy’s Pizza Slice** Baby carrots Celery Sticks Light Ranch DipCookie Fruit  | **Buffalo Bill Wrap**C:\Users\kitchen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WIBKDVZQ\strawberries_by_emojiprincess-d79m507[1].png |
| 15**Ham & Cheese Flatbread Sandwich** Pickles Dippable Potato Wedges CondimentsKale chips Fresh Fruit | 16**Beefy Nachos** Tortilla Chips Cheese, Salsa, Rice Shredded Romaine Lettuce Refried Beans Low-fat Sour Cream Peaches  | 17**Meatball Sub**Fresh Garden SaladLight Ranch DressingCornFruit  | 18**Pulled Pork Sandwich** Baked Krinkle Cut French fries Homemade coleslaw Fresh Fruit | 19**Domino’s Pizza** Baby carrots Pepper Slices Creamy Ranch Hummus Light Ranch dressingFresh Fruit Cookie  | **Chef Salad** |
| 22**Chicken Fajita** Cheese Salsa Corn Mixed Fruit  | 23**RiBBQ on WW Bun** Lettuce & Tomato Topper Baked Krinkle Cut French fries Jell-o with topping or Pudding with topping  | 24**Chicken Potato Bowl**Creamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblets, with or without gravyWW Dinner Roll, Fruit | 25**Stuffed Crust Pizza** Baby carrots Cucumber slices Light Ranch dressingFresh Fruit Cookie  | 26No School |  **Turkey & Cheese Sub** |
| 29MEMORIAL DAY | 30**American Chop Suey** Steamed Broccoli Smiley Fries Fresh Orange “smiles”  | 31**Hamburger or Cheeseburger on a WW Bun** Tomato and lettuce toppers Pickles, Condiments Homemade Baked Beans C:\Users\kitchen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7NVTM5KQ\070476497ac33dad37c2392d7d12d9ae[1].pngFruit | *Available as entrée choices everyday:* PB & J sandwich with graham crackers and cheese stickFresh Garden Salad with Pita Bread | \*Price of lunch: **$3.25** (free and reduced price $0.40 meals available for families that qualify)Al a Carte Milk: $0.50This institution is an equal opportunity provider | **Tuna on a bun** |