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| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***  St Francis of Assisi Braintree School Lunch Menu  May 2017  MENU 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.gov](mailto:mahrenholz@braintreema.gov) or 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 toppers  Pickles  Condiments  Homemade Baked Beans  Fruit | 3  **Fish-In-chips**  Acadian Red fish breaded in Cape Cod potato chips  Baked Potato Wedges  Homemade coleslaw  Choice of condiment  Dinner roll  Fresh Fruit | 4  **Soft Taco**  Cheese  Salsa  Shredded Romaine Lettuce  Corn  Mixed Fruit | 5  **Personal Pizza**  Baby carrots  Celery Sticks  Light Ranch Dip  Cookie  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**  Syrup  Roasted Sweet Potatoes with Cinnamon and Brown Sugar  Sliced Strawberries | 9  **Chicken Nuggets**  Dinner Roll  Condiments  Steamed Carrots  Homemade Kale chips  Fruit | 10  **WW Spaghetti** **with or without Meat Sauce**  Breadstick  Oven 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 Dip  Cookie  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  Condiments  Kale 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 Salad  Light Ranch Dressing  Corn  Fruit | 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 dressing  Fresh 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 gravy  WW Dinner Roll, Fruit | 25  **Stuffed Crust Pizza**  Baby carrots  Cucumber slices  Light Ranch dressing  Fresh Fruit  Cookie | 26  No School | **Turkey & Cheese Sub** |
| 29  MEMORIAL 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 stick  Fresh 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: $0.50  This institution is an equal opportunity provider | **Tuna on a bun** |