




Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week
Price of lunch: \$2.60 (free and reduced price \$0.40 meals available for families that qualify) Al a Carte Milk: \$0.50 Milk and assorted fresh and cupped fruit is included at every meal every day. Price for the month of November \$46.80	Available as entrée choices everyday: PB & J sandwich Fresh Garden Salad with Breadstick or Pita Bread	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 781-380-0144.	Stuffed Shells in sauce Whole Wheat Dinner Roll (grades 6-8 only) Italian Green Beans Corn Pears 	Personal Pizza Baby Carrots Celery Sticks Buffalo Bean Dip Light Ranch Dip Cookie Assorted fresh and cupped fruit	New England Turkey Wrap <i>Freshly sliced deli turkey lovingly rolled in a tortilla wrap with bread stuffing and mayo and tangy cranberry sauce on the side.</i>
5 Chicken Fajita Shredded Cheese Salsa Mexicali Cheddar Bean Salad Mixed Fruit	6 Chicken Caesar Salad Whole Wheat Pita Pocket Peaches	7 RibBQ Lettuce & Tomato Toppers Carrot Coins Pickles Condiments Tator Tots Raisins	8 Homemade whole wheat creamy Mac & Cheese Steamed Broccoli Baby Carrots Peaches	9 Domino's Smart Slice Pizza Cucumber Circles Red Pepper Strips Light Ranch Dip Creamy Ranch Hummus Pears Blueberry-Cherry Crisp	Supa-Smash-Salad <i>Diced Chicken marinated in spicy buffalo sauce, Hard Boiled egg, Shredded mozzarella & fresh peppers on a bed of Iceberg & Romaine lettuce</i>
12 No School 	13 Soft Taco Shredded Cheese Salsa Refried Beans Shredded Romaine Lettuce Low fat Sour Cream Applesauce	14 Grilled Chicken Breast on a whole wheat bun Lettuce and Tomato toppers Honey Glazed Carrot Coins Pears	15 Feast Day! Sliced Roasted Turkey Roasted Butternut Squash with Cinnamon and Brown Sugar Green Beans Whole Wheat Dinner Roll	16 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Assorted fresh and cup fruit Cookie	Lunch Muncher <i>Ritz Crackers with Ham or Turkey, Land O'Lakes Cheese Stick, Peaches, Baby Carrots, & Light Ranch dip</i>
19 Grilled cheese sandwich Tuscan Bean Soup Saltines Warm Apple Slices with Cinnamon Mixed veggies	20 Domino's Smart Slice Pizza Pears Baby Carrots Green Pepper Slices Light Ranch Dip Cookie	21 Half Day No Lunch Served	22 Happy Thanksgiving! No School 	23 No School	Turkey and Cheese Sub Deli Turkey and sliced American cheese on a whole wheat sub roll
26 Whole Wheat French Toast Sticks Sausage Syrup Applesauce Tater Tots Baked sweet potatoes	27 Whole Wheat Spaghetti With or without meatballs & sauce Fresh Spinach & Strawberry Salad Peaches	28 Chicken Nuggets Whole Wheat Pasta & herbs Dipping Sauces Grapes Corn Green Beans	29 Choice of Hamburger or Cheeseburger on a Whole Wheat bun Romaine Lettuce and Tomato Toppers Homemade Baked Beans Condiments Mixed Fruit	30 Domino's Smart Slice Pizza Celery sticks Light Ranch Dip Assorted Fruit Cookie	Caprese Salad Sandwich Sliced mozzarella cheese, fresh sliced tomatoes, fresh basil with balsamic vinaigrette dressing on a French bun

**Braintree St.
Francis of Assisi
School Lunch
Menu**

November 2012

MENU SUBJECT TO
CHANGE WITHOUT
NOTICE
(All Weekly Specials
include the choice of the
day's fruit, veggie and milk)

Did you know... even when the weather turns colder and the number of daylight hours is less, there are still lots of fun activities to do inside? Try the calendar challenge: On the 1st day of the month, do one push up or sit up. On Nov 2 do 2, on Nov. 3rd do 3, and so on. See if you and your family can get to 30 pushups or sit ups on November 30! A balanced diet with whole grains, and assorted fruits and veggies will give you great fuel for the calendar challenge!

You can now prepay and check balances and transactions online! Go to www.myschoolbucks.com to register. Enter 02184 as the zip code and choose Braintree Public Schools. Then follow the instructions on the site.