






Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week (grades 6-8 only)
Price of lunch: \$3.00 (free and reduced price \$0.40 meals available for families that qualify) Al a Carte Milk: \$0.50 Applications for free or reduced meals available at school office and at <a href="http://www.braintreeschools.org">www.braintreeschools.org</a>	<b>Milk and assorted veggies and fresh and cupped fruit is included at every meal every day.</b> <b>Price for the month of October is \$63.00</b>	1 Half day No Lunch Served  Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick Fresh Garden Salad with Pita Bread	2 Hamburger or Cheeseburger on a Whole Wheat Bun Tomato and lettuce toppers Homemade Baked Beans Pickles Condiments Fruit	3 Personal Pizza Carrots Celery Light ranch Dip Cookie	Caprese Salad Sandwich Fresh locally sourced Tomatoes, Fresh Basil and Mozzarella Cheese on a Bulkie Roll
6 Pancakes Syrup Sausage Strawberries Tater Tots	7 Teriyaki Glazed Chicken & Rice Bowl Oriental veggies Mandarin oranges Fortune cookie	8 Unbelievably good Homemade Lasagna Breadstick Steamed Spinach with lemon juice and Parmesan cheese Fruit	9 Turkey Dinner Roasted Sweet Potatoes with Cinnamon & Brown Sugar Gravy Crispy Crunchy Chic peas Cranberry Sauce Pears Dinner Roll	10 Domino's Smart Slice Pizza Baby Carrots Celery Sticks Cucumber circles Light Ranch Dip Cookie	<b>Sweet and Crunchy Yogurt Parfait</b> Sweet and Tangy lowfat vanilla yogurt layered with strawberries, peaches or other assorted fruits Served with Choice of Cereal and Giant Cinnamon Graham Goldfish
13 No School Columbus Day  National School Lunch Week 	14 Homemade whole wheat creamy Mac & Cheese Green Beans Honey Glazed Carrot Coins Fresh locally grown Pear*	15 Crispy chicken Patty on a bun Tomato & Lettuce Toppers Corn Fruit 	16 Soft Taco Cheese Salsa Rice Shredded Romaine Lettuce Lowfat Sour Cream Peaches	17 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Fruit Cookie 	<b>Choco-Sunbutter &amp; Banana Wrap</b> Sunflower butter (nut-free) and sliced fresh bananas with a sprinkling of mini chocolate chips on a wheat wrap Serve with 1 package sunflower seeds
20 Meatless Monday! Cheesy Vegetarian Quesadilla Cheese Salsa Broccoli Mixed Fruit	21 Chicken Caesar Salad Half Pita Bread String Cheese Fresh locally grown Pear	22 Whole Wheat Spaghetti With or without meatballs & sauce *Garden Side Salad Fresh Grapes	23 Hamburger or cheeseburger on Whole Wheat bun Tomato and Lettuce Toppers Condiments Baked Krinkle cut fries Pickles	24 Personal Pizza Baby Carrots Green Pepper Slices Lite Ranch Dip Creamy Ranch Hummus Assorted fresh and cupped fruit Cookie	<b>Chef Salad with Whole Wheat Pita bread</b>
27 Grilled Cheese Sandwich Chicken Noodle Soup Corn Green Beans Applesauce	28 RiBBQ on a whole wheat bun Tomato & Lettuce Toppers Steamed Broccoli Condiments Pickles Fresh Pear (Harvest of the Month!)	29 Hot dog on a bun Homemade Baked Beans Honey Glazed Carrot coins Peaches Condiments	30 Happy Halloween! "Bat Wings" (Chicken nuggets) Monster Goo (BBQ sauce) Boo-licious Broccoli Salad Trick or Treat Tator Tots Frightening Fruit Choice of "Murky" Milk 	31 Domino's Smart Slice Pizza Pears Baby Carrots Grape tomatoes Green Pepper Slices Lite Ranch Dressing Cookie 	<b>Turkey BLT on wheat</b>  You can now prepay and check balances and transactions online! Go to <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to register.

St. Francis of Assisi  
Braintree School  
Lunch Menu

October 2014

MENU SUBJECT TO  
CHANGE WITHOUT  
NOTICE

**Did you know... October 13-17 is National School Lunch week?**

This year's theme is "Get in the Game with School Lunch". School lunch is a great source of protein for building and repairing active muscles. School lunch is also a great source of carbohydrates which is the body's primary source of fuel for active muscles. Carbs also are the best source of energy for active and thinking brains too. School lunch: good for athletes and *mathletes!*



"This institution is an equal opportunity provider."