| Monday | Tuesday | Wednesday | Thursday | Friday | Special Entrée of the Week  St. Francis of Assisi School Lunch Menu  October 2015  MENU SUBJECT TO CHANGE WITHOUT NOTICE  **Did you know… October 12-16 is National School Lunch week?** The National School Lunch Program started in 1946. After almost 70 years, it is still going strong providing nutritious meals for American school children.  Each lunch served in schools today offers whole grains, protein, fruits and vegetables. Throughout the week veggies with a C:\Users\maardema\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3OHS1L7E\vector-rainbow-in-the-clouds-prev-by-dragonart[1].jpgrainbow of colors are served to provide a range of nutritious vitamins, minerals and fiber.  We’ll be featuring locally grown PEARS this month from Honeybee Orchards in West Brookfield, MA.  Contact Megan Ahrenholz, RD with questions or comments at [mahrenholz@braintreema.gov](mailto:mahrenholz@braintreema.gov)  Or 781-794-8473  This institution is an equal opportunity provider  Grades 6-8 only |
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| You can now prepay and check balances and transactions online! Go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to register.  Applications for free or reduced meals available at school office and at [www.braintreeschools.org](http://www.braintreeschools.org) | Price of lunch: $3.00 (free and reduced price $0.40 meals available for families that qualify)  Al a Carte Milk: $0.50  **Milk and assorted veggies and fresh and cupped fruit is included at every meal every day.**  **Price for the month of October is $60.00.** | Available as entrée choices everyday:  PB & J sandwich with graham crackers and cheese stick  Fresh Garden Salad with Pita Bread | 1  \*National Vegetarian Day\*  Homemade whole wheat creamy Mac & Cheese  Steamed Broccoli  Peaches | 2  Domino’s Smart Slice Pizza  Celery  Light ranch Dip  Creamy Ranch Hummus Dip  Cookie | **Caprese Salad**  Fresh locally sourced Tomatoes, Fresh Basil and Mozzarella Cheese offered with a multigrain ciabatta roll |
| 5  Whole Wheat Spaghetti  With or without meatballs & sauce  Garden Side Salad  Fresh Grapes | 6  Soft Taco  Cheese  Salsa  Rice  Shredded Romaine Lettuce  Refried Beans sprinkled with melted cheddar cheese  Lowfat Sour Cream  Peaches | 7  Early Dismissal  No Lunch served | 8  Pancakes  Syrup  Sausage  Strawberries  Tater Tots | 9  Domino’s Smart Slice Pizza  Baby Carrots  Green Pepper Slices  Lite Ranch Dip  Creamy Ranch Hummus  Assorted fresh and cupped fruit | **Earthy Crunchy Wrap**  A whole wheat tortilla filled with creamy Sunflower butter, Crisp matchstick carrots, plump sweet raisins and crunchy sunflower seeds |
| 12  Columbus Day  No School  National School Lunch Week! | 13  American Chop Suey  Smile Fries  Fresh Orange “Smiles” | 14  Homemade whole wheat creamy Mac & Cheese  Honey Glazed Carrot Coins  Green Beans  Peaches | 15  Meatball Sub  Crispy Crunchy Chickpeas  Fresh locally grown Pear  C:\Users\maardema\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\77L2DYKI\PngThumb-Pear-icon-12317[1].gif | 16  Domino’s Smart Slice Pizza  Pears  Baby Carrots  Green Pepper Slices  Cherry Tomatoes  Lite Ranch Dressing  Cookie | Breakfast for lunch!  Yogurt  Choice of Cereal  Giant Goldfish Cinnamon Graham crackers |
| 19  French Toast Sticks  Syrup  Sausage  Strawberries  Tater Tots  Ketchup | 20  Unbelievably Good Homemade Lasagna  Corn  Breadstick  Fruit | 21  Grilled Cheese Sandwich  Chicken Noodle Soup  Candied Honey Cinnamon Chic Peas  Green Beans  Applesauce | 22  Spicy Thai Noodles with chicken  Steamed Broccoli  Mandarin Oranges  Fortune Cookie | 23  Domino’s Smart Slice Pizza  Baby Carrots  Cucumber Circles  Light Ranch Dip  Cookie | **Choco-Sunbutter & Banana Wrap**  Sunflower butter and sliced fresh bananas with a sprinkling of mini chocolate chips on a wheat wrap |
| 26  Cheesy Vegetarian Quesadilla  Salsa  Lowfat Sour cream  Corn  Mixed Fruit | 27  Chicken Caesar Salad  Half Pita Bread  String Cheese  Peaches | 28  Choice of Hamburger or Cheeseburger on a WW Bun  Tomato and lettuce toppers  Pickles  Condiments  Homemade Baked Beans  Pears | Happy Almost Halloween ! 29  “Bat Wings” (Chicken nuggets) Monster Goo (BBQ sauce)  Boo-licious Broccoli Salad  Trick or Treat Tator Tots Frightening Fruit  Choice of “Murky” Milk | 30  Domino’s Smart Slice Pizza  Baby Carrots  Celery  Cherry Tomatoes  Light ranch Dip  Cookie | Ham & cheese sub  C:\Users\maardema\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O6ZZT380\halloween-drawings[1].jpg |