| Monday | Tuesday | Wednesday | Thursday | Friday | Special Entrée of the WeekSt. Francis of Assisi School Lunch MenuOctober 2015MENU 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.govOr 781-794-8473This institution is an equal opportunity providerGrades 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 stickFresh Garden Salad with Pita Bread | 1\*National Vegetarian Day\*Homemade whole wheat creamy Mac & CheeseSteamed Broccoli Peaches  | 2Domino’s Smart Slice PizzaCelery Light ranch DipCreamy Ranch Hummus DipCookie | **Caprese Salad** Fresh locally sourced Tomatoes, Fresh Basil and Mozzarella Cheese offered with a multigrain ciabatta roll |
| 5Whole Wheat Spaghetti With or without meatballs & sauce Garden Side SaladFresh Grapes | 6Soft Taco Cheese SalsaRice Shredded Romaine Lettuce Refried Beans sprinkled with melted cheddar cheeseLowfat Sour Cream Peaches | 7Early DismissalNo Lunch served | 8PancakesSyrupSausage StrawberriesTater Tots  | 9Domino’s Smart Slice PizzaBaby Carrots Green Pepper Slices Lite Ranch DipCreamy 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  |
| 12Columbus DayNo SchoolNational School Lunch Week! | 13American Chop Suey Smile Fries Fresh Orange “Smiles”  | 14Homemade whole wheat creamy Mac & CheeseHoney Glazed Carrot Coins Green Beans Peaches  | 15Meatball Sub Crispy Crunchy Chickpeas Fresh locally grown PearC:\Users\maardema\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\77L2DYKI\PngThumb-Pear-icon-12317[1].gif | 16Domino’s Smart Slice PizzaPears Baby Carrots Green Pepper Slices Cherry Tomatoes Lite Ranch DressingCookie  | Breakfast for lunch!Yogurt Choice of CerealGiant Goldfish Cinnamon Graham crackers |
|  19French Toast Sticks SyrupSausageStrawberriesTater Tots Ketchup | 20Unbelievably Good Homemade Lasagna Corn Breadstick Fruit | 21Grilled Cheese SandwichChicken Noodle SoupCandied Honey Cinnamon Chic Peas Green Beans Applesauce  | 22Spicy Thai Noodles with chickenSteamed Broccoli Mandarin Oranges Fortune Cookie |  23Domino’s Smart Slice PizzaBaby Carrots Cucumber Circles Light Ranch DipCookie | **Choco-Sunbutter & Banana Wrap**Sunflower butter and sliced fresh bananas with a sprinkling of mini chocolate chips on a wheat wrap |
| 26Cheesy Vegetarian Quesadilla Salsa Lowfat Sour cream Corn Mixed Fruit  | 27Chicken Caesar Salad Half Pita Bread String Cheese Peaches  | 28Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles CondimentsHomemade 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  | 30Domino’s Smart Slice PizzaBaby Carrots CeleryCherry Tomatoes Light ranch DipCookie | Ham & cheese subC:\Users\maardema\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O6ZZT380\halloween-drawings[1].jpg |