

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Special Entrée of the Week</b>
1 Chicken Fajita Cheese Pears Broccoli Salsa Refried Beans	2 American Chop Suey Smile Fries Green Beans Fresh Orange "Smiles"	3 Personal Pizza Baby Carrots Celery Sticks Buffalo Bean Dip Light Ranch Dip Cookie Assorted fresh and cupped fruit	4 <b>No school Feast of St. Francis</b>	5 <b>No School Father Sepe V.P. Day</b>	<b>You Want it Bacon Ranch Salad</b> <i>Crispy chicken, bacon and fresh cucumbers and shredded Carrots on a bed of fresh greens. Served with lite Ranch Dressing on the Side Served with a Breadstick or Pita Bread</i>
8 NO SCHOOL COLUMBUS DAY  National School Lunch Week "School Lunch- What's Cooking?"	9 Whole Wheat French Toast Sticks Sausage Syrup Applesauce Baked sweet potatoes Tator Tots	10 Whole Wheat Spaghetti With or without meatballs & sauce Fresh Spinach & Strawberry Salad Peaches	11 Baked Chicken Mashed Potatoes Gravy Peas Peach slices Whole Wheat Dinner Roll	12 Domino's Smart Slice Pizza Red pepper slices Cucumber Circles Creamy Ranch dip Cookie Assorted fresh and cupped fruit	<b>Greek Salad Wrap</b> <i>Whole Wheat tortilla stuffed with Romaine lettuce, feta and parmesan cheeses, fresh tomatoes, onions and cucumbers with an accent of olives.</i>
15 Spirals and Trees with Chicken Whole wheat dinner Roll Italian White Bean Salad Baby Carrots Mixed Fruit	16 Cheddar Quesadilla with Broccoli Pesto Salsa Corn Peaches	17 Crispy Chicken Patty on a bun Tomato slices Romaine lettuce Baked Potato Wedges Pears	18 Meatball Sub Roasted Cauliflower with parmesan cheese Warm Cinnamon Apple Slices	19 Domino's Smart Slice Pizza Broccoli Cucumber Circles Light Ranch Dressing Buffalo Bean dip Assorted fresh and cupped fruit	<b>Sweet and Crunchy Yogurt Parfait</b> <i>Sweet and Tangy lowfat vanilla yogurt layered with blueberries, strawberries or other assorted fruits Served with Animal Crackers</i>
22 Hot Dog on a Bun Homemade Baked Beans Green Beans Pickles Condiments Assorted fresh and cupped fruit	23 BBQ Chicken and Cheddar Sub Fresh Grapes Lemony Kale Salad Carrot Coins	24 Whole Wheat French Toast Sticks Syrup Applesauce Baked sweet potatoes Tator Tots	25 National Potato Day! Baked Potato Steamed Broccoli Shredded Cheddar Cheese Light Sour Cream Whole Wheat Dinner Roll Mixed Fruit	26 Domino's Smart Slice Pizza Baby Carrots Celery Sticks Light Ranch Dip Creamy Ranch Hummus Dip BB Brownie Assorted fresh and cupped fruit	<b>Turkey and cheese sub</b> <i>Deli turkey and American Cheese on a whole wheat sub roll</i>
29 RiBBQ on a whole wheat bun Tomato slices Romaine lettuce Carrot Coins Condiments Pickles Raisins	30 Soft Taco Cheese Salsa Refried Beans Shredded Romaine Lettuce Lowfat Sour Cream Applesauce	31 "Bat Wings" (Chicken nuggets) Monster Goo (BBQ sauce) "Boo-tastic" Broccoli Salad "Trick or Treat" Tator Tots Peaches Choice of "Murky" Milk	Price of lunch: \$2.60 (free and reduced price \$0.40 meals available for families that qualify) Al a Carte Milk: \$0.50 <b>Milk and assorted fresh and cupped fruit is included at every meal every day.</b> <b>Price for the month of October \$52.00</b>	Available as entrée choices everyday: PB & J sandwich Fresh Garden Salad with Breadstick or Pita Bread	<b>New England Turkey Wrap</b> <i>Freshly sliced deli turkey lovingly rolled in a tortilla wrap with bread stuffing and mayo and tangy cranberry sauce on the side.</i>

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

**October 2012**

**MENU SUBJECT TO  
CHANGE WITHOUT  
NOTICE**

(All Weekly Specials include the choice of the day's fruit, veggie and milk)

Did you know... October is Pizza Month? You can make nutritious pizzas at home using whole wheat crust, low fat cheese, and colorful toppings like broccoli, red and green peppers, Onions, fresh sliced tomatoes, and even Fresh carrot coins.

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 781-380-0144.  
You can now prepay and checkbalances and transactions online! Go to [www.schoolbucks.com](http://www.schoolbucks.com) to register. Enter 02184 as the zip code and choose Braintree Public Schools. Then follow the instructions on the site.