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| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***  St. Francis of Assisi School Lunch Menu  January 2017  MENU SUBJECT TO CHANGE WITHOUT NOTICE  **Milk and assorted veggies and fresh and cupped fruit is included at every meal every day.**  **Did you know… January is National Thank You month?** We are thankful for all the students who eat our meals here at school! As a thank you, we have new menu items for students to try on the 9th, 11th, 23rd and 30th! It’s also National Stay Healthy month, and we know that by serving meals rich in whole grains, fruits, and vegetables we hope to help the students we serve to stay healthy!  You can now prepay and check balances and transactions online! Go to [www.myschoolbucks.com](http://www.myschoolbucks.com) to register. Then follow the instructions on the site. |
| 2  NO SCHOOL  New Year’s Observance  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\1357600133[1].png | 3  Chicken Fajita  Cheese  Salsa  Steamed Green Beans  Mixed Fruit | 4  RiBBQ on Whole Wheat Bun  Lettuce & Tomato Topper  Baked Krinkle Cut French fries  Fruit  Apple Crisp | 5  Chicken nuggets  Pasta  Condiments  Steamed Carrots  Homemade Kale chips  Fruit | 6  Personal Pizza  Baby Carrots  Cucumber Circles  Pepper Slices  Light Ranch Dressing  Fruit  Cookie | **Tuna Salad on a bun** |
| 9  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gif  Ham & Cheese Flatbread Sandwich  Pickles  Dippable Potato Wedges  Condiments (ketchup, mayo, mustard)  Warm Blueberry crisp  Fruit | 10  Beefy Nachos  Tortilla Chips  Cheese  Salsa  Shredded Romaine Lettuce  Homemade Kale chips  Lowfat Sour Cream  Peaches | 11  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gif  Chicken Potato Bowl  Creamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblet , with or without gravy  Whole grain Dinner Roll  Blueberry & Pear cup | 12  Grilled Cheese Sandwich  Homemade Southwestern Tortilla soup  Garden Side Salad  Light Ranch Dressing  Warm Cinnamon Apples | 13  Stuffed Crust Pizza  Baby Carrots  Cucumber circles  Spicy Buffalo Bean Dip  Light Ranch Dip  Cookie  Fruit | **Southwestern Chicken Salad**  Fajita Seasoned chicken strips, tomatoes, cucumbers and cheese served on a Romaine Iceberg blend with a side of Salsa and Light ranch dressing |
| 16  **MLK DAY**  **No School**  **C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\3208489301_ccc335fc74_z[1].jpg** | 17  French Toast Sticks  Syrup  Blueberry dipping sauce  Potato Wedges  Ketchup  Strawberry cup | 18  Hot Dog on a bun  Carrot Coins  Homemade Baked Beans  Choice of condiments  Fresh fruit | 19  Roast Turkey  Mashed Potatoes  Gravy  Steamed Broccoli  Cranberry Sauce  Pears  Dinner Roll | 20  Domino’s Pizza  Baby carrots  Pepper Slices  Creamy Ranch Hummus  Light Ranch dressing  Fresh Fruit  Cookie | **Ham & Cheese sub** |
| 23  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gif  Beef & Broccoli Teriyaki Rice Bowl  Candied Roasted Chic Peas  Fortune Cookie | 24  Pulled Pork Sandwich on a Bun  Garden Side Salad  Light Ranch Dressing  Roasted Red Potatoes  Apple or blueberry Crisp | 25  Whole Wheat Spaghetti with or without Meatsauce  Breadstick  Fresh Garden Side Salad  Dressing | 26  Personal Pizza  Baby carrots  Cucumber Slices  Grape Tomatoes  Lite Ranch Dip  Fresh Fruit  Cookie | 27  Early dismissal day  No Lunch served | **New England Turkey Wrap**  Sliced turkey, wrapped with stuffing, cranberry sauce and light mayo in a whole wheat tortilla |
| 30  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gif  Chicken Florentine Pasta  Soft Garlic Breadstick  Garden Side Salad  Dressing  Fruit | 31  Beef Chili in a Bread Bowl  Shredded Cheese  Tortilla Chips  Corn  Apple Crisp | Price of lunch: **$3.25** (free and reduced price $0.40 meals available for families that qualify)  Al a Carte Milk: $0.50  **Price for the month of January is $61.75** | 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 781-848-4000x7045. | Available as entrée choices everyday:  PB & J sandwich with graham crackers and cheese stick  Fresh Garden Salad with Pita Bread | **Earthy Crunchy Wrap**  A whole wheat tortilla filled with creamy Sunflower butter, Crisp matchstick carrots, plump sweet raisins and crunchy sunflower seeds |