|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Special Entree***St. Francis of Assisi School Lunch MenuJanuary 2017MENU 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. |
| 2NO SCHOOLNew Year’s ObservanceC:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\1357600133[1].png | 3Chicken Fajita Cheese SalsaSteamed Green Beans Mixed Fruit   | 4RiBBQ on Whole Wheat Bun Lettuce & Tomato TopperBaked Krinkle Cut French fries FruitApple Crisp  | 5Chicken nuggets PastaCondimentsSteamed Carrots Homemade Kale chips Fruit | 6Personal Pizza Baby Carrots Cucumber Circles Pepper SlicesLight Ranch DressingFruit Cookie  | **Tuna Salad on a bun** |
| 9C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gifHam & Cheese Flatbread Sandwich Pickles Dippable Potato Wedges Condiments (ketchup, mayo, mustard)Warm Blueberry crispFruit | 10Beefy Nachos Tortilla Chips Cheese Salsa Shredded Romaine Lettuce  Homemade Kale chips Lowfat Sour CreamPeaches  | 11C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gifChicken Potato BowlCreamy Mashed potatoes, topped with Whole grain coated popcorn chicken, Corn niblet , with or without gravyWhole grain Dinner RollBlueberry & Pear cup | 12Grilled Cheese SandwichHomemade Southwestern Tortilla soup Garden Side Salad Light Ranch DressingWarm Cinnamon Apples  | 13Stuffed Crust Pizza Baby Carrots Cucumber circlesSpicy Buffalo Bean Dip Light Ranch DipCookie 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** |  17French Toast Sticks SyrupBlueberry dipping sauce Potato Wedges KetchupStrawberry cup  | 18Hot Dog on a bun Carrot Coins Homemade Baked Beans Choice of condimentsFresh fruit | 19Roast Turkey Mashed Potatoes GravySteamed Broccoli Cranberry Sauce Pears Dinner Roll  |  20Domino’s Pizza Baby carrotsPepper Slices Creamy Ranch Hummus Light Ranch dressingFresh FruitCookie  | **Ham & Cheese sub** |
|  23C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gifBeef & Broccoli Teriyaki Rice Bowl Candied Roasted Chic Peas Fortune Cookie | 24Pulled Pork Sandwich on a BunGarden Side Salad Light Ranch DressingRoasted Red Potatoes Apple or blueberry Crisp  | 25Whole Wheat Spaghetti with or without Meatsauce BreadstickFresh Garden Side Salad Dressing | 26Personal Pizza Baby carrotsCucumber Slices Grape Tomatoes Lite Ranch Dip Fresh Fruit Cookie  | 27Early dismissal dayNo Lunch served | **New England Turkey Wrap**Sliced turkey, wrapped with stuffing, cranberry sauce and light mayo in a whole wheat tortilla |
| 30C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\Animated-PinnedNote-New[1].gifChicken Florentine Pasta Soft Garlic BreadstickGarden Side Salad Dressing Fruit | 31Beef 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.govOr 781-848-4000x7045. | Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stickFresh 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  |