








Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week
<p>3</p> <p>Italian Chicken Quesadilla Rice Pears Corn</p>	<p>4</p> <p>NO SCHOOL</p> 	<p>5</p> <p>Stuffed Shells in sauce Italian Green Beans Whole wheat breadstick Pears</p>	<p>6</p> <p>Homemade Creamy Macaroni and Cheese Mixed Veggies Peaches Wheat Dinner Roll</p>	<p>7</p> <p>Domino's Smart Slice Pizza Baby Carrots Celery Sticks Light Ranch Dip Cookie</p> 	<p><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</i> Served with a Breadstick or Pita bread</p>
<p>10</p> <p>NO SCHOOL COLUMBUS DAY National School Lunch Week "Let's Grow Healthy"</p> 	<p>11</p> <p>Spaghetti with or without Meatballs and Sauce Garden Salad * Dressing on the side Locally grown fruit or veggie* Whole wheat Breadstick</p> 	<p>12</p> <p>Grilled cheese Saltines Warm Apple Slices with Cinnamon Mixed veggies</p>	<p>13</p> <p>Baked Chicken Roasted Butternut Squash with Cinnamon and Brown Sugar * Peach slices Whole Wheat Dinner Roll</p>	<p>14</p> <p>Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Blueberry-Cherry Crisp</p>	<p><b>Greek Salad Wrap*</b> <i>Flour tortilla stuffed with Romaine lettuce, feta and parmesan cheeses, fresh tomatoes, onions and cucumbers with an accent of olives.</i></p>
<p>17</p> <p>Choice of Hamburger or Cheeseburger on a bun Lettuce and Tomato Toppers * Potato Wedges Condiments Mixed Fruit</p>	<p>18</p> <p>Cheddar Quesadilla with Broccoli Pesto * Salsa Peaches Corn</p> 	<p>19</p> <p>Chicken Breast Filet on a bun Lettuce and Tomato toppers* Honey Glazed Carrot Coins Pears</p>	<p>20</p> <p>Meatball Sub Warm Cinnamon Apple Slices Italian Green Beans</p> 	<p>21</p> <p>Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Light Ranch Dip Cookie</p>	<p><b>Sweet and Crunchy Yogurt Parfait</b> <i>Sweet and Tangy lowfat vanilla yogurt layered with blueberries, strawberries or other assorted fruits</i> Served with Animal Crackers</p>
<p>24</p> <p>Hot Dog on a Bun Homemade Baked Beans Pickles Condiments Fruit Crisp</p>	<p>25</p> <p>RIBBQ on a hamburger bun Carrot Coins Condiments Pickles Raisins</p>	<p>26</p> <p>Whole Wheat French Toast Sticks Sausage Syrup Applesauce Orange wedges</p>	<p>National Potato Day! 27</p> <p>Baked Potato Steamed Broccoli * Shredded Cheddar Cheese Light Sour Cream Soft Pretzel Mixed Fruit</p>	<p>28</p> <p>Domino's Smart Slice Pizza Baby Carrots Celery Sticks Light Ranch Dip Cookie</p>	<p><b>Turkey and cheese sub</b> <i>Sliced deli turkey and American cheese in a sub roll. Available with pickles, shredded lettuce and sliced tomato.</i></p>
<p>Happy Halloween! 31</p> <p>"Bat Wings" (Chicken nuggets) Monster Goo (BBQ sauce) Goblin Green Beans Hair-Raisin' Raisins Pumpkin Shaped Soft Pretzel Jack o Lantern Cookie Choice of "Murky" Milk</p>	<p>Price of Lunch: \$2.50 (free and reduced price (\$0.40) meals available for families who qualify) Ala Carte Milk: \$0.50 <b>Milk is included with every meal, every day.</b> Price for the month of October is \$47.50</p>	<p>Available as entrée choices every day: PB &amp; J Sandwich Fresh Garden Salad with Breadstick or Pita Bread Wheat Bagel with Light Cream Cheese, served with Cheese Cubes or Sunflower Butter</p> 	<p>Applications for free or reduced priced meals available at school office and at <a href="http://www.braintreeschools.org">www.braintreeschools.org</a>. Contact Megan Ahrenholz, RD with questions or comments at <a href="mailto:mahrenholz@braintreema.gov">mahrenholz@braintreema.gov</a> or 781-380-0144.</p>	<p>You can now prepay and check balances and transactions online! Go to <a href="http://www.mynutrikids.com">www.mynutrikids.com</a> to register. Enter 02184 as the zip code and choose Braintree Public Schools. Then follow the instructions on the site.</p>	<p><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></p>

Braintree St.  
Francis of Assisi  
School Lunch  
Menu



October 2011

MENU SUBJECT TO CHANGE WITHOUT NOTICE  
(All Weekly Specials include the choice of the day's fruit, veggie and milk)

Did you know... October 10-14 is National School Lunch Week? This year's theme is "Let's Grow Healthy", and focuses on fresh local foods. St. Francis of Assisi school will be featuring recipes that use fresh fruits or vegetables (locally grown, as available), and as always, we will have fresh fruits and veggies (locally grown, as available) to tantalize students' taste buds offered with meals every day.

