








September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week
	Price of lunch: \$3.25 (free and reduced price \$0.40 meals available for families that qualify) A la 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 September is \$45.50	Applications for free or reduced meals available at school office and at www.braintreeschools.org Contact Megan Ahrenholz, RD with questions or comments at mahrenholz@braintreema.gov Or 781-848-4000 X7045.	Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick Fresh Garden Salad with Pita Bread	
12 Crispy chicken Patty on a bun Tomato & Lettuce Toppers Carrot coins Crispy Crunchy Chick Peas	13 Chicken Caesar Salad Half Pita Bread String Cheese Peaches	14 Unbelievably Good Homemade Lasagna Steamed Broccoli Carrot coins Breadstick Fruit	15 Chicken Fajita Cheese Salsa Corn Mixed Fruit	16 Domino's Smart Slice Pizza Pears Baby Carrots Green Pepper Slices Lite Ranch Dressing Crispy Crunchy Chickpeas Cookie	Chicken Salad on a Bun
19 BBQ Chicken and Cheddar Sub Baked Krinkle Cut Fries Corn Ketchup Light Ranch Dip Blueberry crisp	20 Beefy Nachos Cheese Salsa Shredded Romaine Lettuce Lowfat Sour Cream Mixed Fruit	21 International Peace Day Ham and Cheese Sub Lettuce and tomato Topper Condiments Honey Glazed Carrot Coins Fruit Jell-O 	22 First Day of Fall Spicy Thai Noodles Steamed Broccoli Mandarin Orange- Fortune Cookie 	23 Personal Pizza Baby Carrots Green Pepper Slices Cherry tomatoes Lite Ranch Dip Creamy Ranch Hummus Assorted fresh and cupped fruit	You Want it Chicken Bacon Ranch Salad Crispy Breaded chicken, & crumbled Bacon, served on a bed of lettuce with cucumbers, shredded carrots and with a side of croutons. Offered with Light Ranch Dressing.
Johnny Appleseed's Birthday 26 Chicken Nuggets Corn Dinner Roll Garden Side Salad Condiments Fruit 	27 French Toast Sticks Honey Glazed Carrot Coins Sausage Tater Tots Peaches Ketchup	28 World School Milk Day Choice of Hamburger or Cheeseburger on a WW Bun Tomato and lettuce toppers Pickles Condiments Homemade Baked Beans Pears 	29 Cheesy Stuffed Crust Pizza Baby Carrots Cucumber Circles Celery sticks Light Ranch Dip Cookie	30 No School Teacher Professional Development Day 	Breakfast for lunch! Yogurt Choice of Cereal Giant Goldfish Cinnamon Graham crackers Mozzarella String cheese

St. Francis of Assisi School Lunch Menu

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Menus subject to change without notice

Did you know?

Tomatoes are the harvest of the month for September. Tomatoes are full of nutrients, including lycopene and both vitamins C and A. September is a great time of year to purchase fresh tomatoes at your local farmer's market. Tomatoes can be used in a variety of recipes like salsa, lasagna, and many more!

