| Monday | Tuesday | Wednesday | Thursday | Friday | Special Entrée of the Week  St. Francis School Lunch Menu  October 2016  Did you know?  The week of October10th is National School Lunch Week. It dates back all the way back to 1962. This week, we celebrate the National School Lunch Program and all the healthy meals that it provides to the students of the United States. Each meal that is served must meet nutritional guidelines that are set by the federal government.  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\boy13[1].gif  Price of lunch: **$3.25** (free and reduced price $0.40 meals available for families that qualify)  Al a 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 October 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 781-848-4000 ext. 7045 |
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| 3  Crispy chicken Patty on a bun  Tomato & Lettuce Toppers  Roasted Sweet Potato with Cinnamon  Crispy Crunchy Chick Peas  Blueberry crisp | National Taco Day! 4  Soft Taco  Cheese  Salsa  Rice  Shredded Romaine Lettuce  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WQL78PWX\8511230919_eb34b9c7c0_z[1].jpgRefried Beans sprinkled with melted cheddar cheese  Lowfat Sour Cream  Peaches | 5  Half Day Teacher Professional Day! | 6  Homemade whole wheat creamy Mac & Cheese  Steamed Broccoli  Peaches | 7  Domino’s Smart Slice Pizza  Pears  Baby Carrots  Green Pepper Slices  Cherry Tomatoes  Lite Ranch Dressing  Cookie | **Caprese Salad Sandwich**  Fresh locally sourced Tomatoes, Fresh Basil and Mozzarella Cheese offered with a multigrain ciabatta roll |
| 10  Columbus Day  No School  National School Lunch Week!  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\maple[1].jpg | 11  Chicken Fajita  Cheese  Salsa  Corn  Mixed Fruit | National Farmer’s Day 12  Whole Wheat Spaghetti  With or without meatballs & sauce  Garden Side Salad  Fresh Grapes | 13  Ham and Cheese Sub  Lettuce and tomato Topper  Broccoli  Celery Sticks  Hummus Dip  Fruit  Jell-O with or without topping | 14  Cheesy Stuffed Crust Pizza  Baby Carrots  Green Pepper Slices  Lite Ranch Dip  Creamy Ranch Hummus  Assorted fresh and cupped fruit  Cookie | **Earthy Crunchy Wrap**  A whole wheat tortilla filled with creamy Sunflower butter, Crisp matchstick carrots, plump sweet raisins and crunchy sunflower seeds |
| 17  French Toast Sticks  Syrup  Sausage  Strawberries  Tater Tots  Ketchup | 18  American Chop Suey  Smile Fries  Fresh Orange “Smiles” | 19  Cheesy Vegetarian Quesadilla  Salsa  Lowfat Sour cream  Corn  Mixed Fruit | 20  Meatball Sub  Crispy Crunchy Chickpeas  Broccoli  Fresh locally grown Pear | 21  Personal Pizza  Baby Carrots  Celery  Cherry Tomatoes  Light ranch Dip  Creamy Ranch Hummus Dip  Cookie | **Breakfast for lunch!**  Yogurt  Choice of Cereal  Giant Goldfish Cinnamon Graham crackers |
| 24  RiBBQ on a whole wheat bun  Tomato & Lettuce Toppers  Tater Tots  Bean Salad  Condiments  Pickles  Blueberry Crisp | 25  Hot Dog on a bun  Carrot Coins  Corn  Choice of condiment  Fresh Watermelon Wedge | National Pumpkin Day! 26  Chicken Caesar Salad  Half Pita Bread  String Cheese  Peaches  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\U4ZH7UP0\pumpkin-fruit-16883-large[1].png | 27  Spicy Thai Noodles  Steamed Broccoli  Mandarin Oranges  Fortune Cookie | National Chocolate Day! 28  Domino’s Smart Slice Pizza  Pears  Baby Carrots  Green Pepper Slices  Hummus Dip  Cherry Tomatoes  Lite Ranch Dressing  Cookie | **Choco-Sunbutter & Banana Wrap**  Sunflower butter and sliced fresh bananas with a sprinkling of mini chocolate chips on a wheat wrap |
| Halloween! 31  “Bat Wings”  Monster Goo  Boo-licious Broccoli Salad  Trick or Treat Tator Tots  C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0305493.wmfFrightening Fruit  Choice of “Murky” Milk | Dia de los Muertos 1  Choice of Hamburger or Cheeseburger on a WW Bun  Tomato and lettuce toppers  Pickles  Condiments  Homemade Baked Beans  Pears | 2  Pancakes  Syrup  Sausage  Strawberries  Tater Tots | 3  Grilled Cheese Sandwich  Chicken Noodle Soup  Candied Honey Cinnamon Chick Peas  Green Beans  Applesauce | 4  Cheesy Stuffed Crust Pizza  Baby Carrots  Celery  Cherry Tomatoes  Light ranch Dip  Cookie | Ham & cheese  C:\Users\mahrenholz\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OSJ00ABP\maple-leaves-138267154801f[1].jpg |

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.

Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick ~ Fresh Garden Salad with Pita Bread