



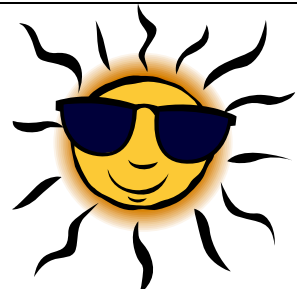





St. Francis of Assisi School Lunch menu

June 2010

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Special Entrée of the Week</i>
<p>31</p> <p>MEMORIAL DAY No School</p> 	<p>1</p> <p>Homemade Creamy Macaroni and Cheese Honey Carrot Coins Fresh Apple Belly Bears</p>	<p>2</p> <p>Chicken Fajita Rice Salsa Lettuce & Tomato Corn on the cob Apricots Corn Bread</p> 	<p>3</p> <p>Spaghetti Meatsauce Tossed Salad Dressing on the side Peaches Whole Wheat Breadstick</p>	<p>4</p> <p>Domino's Pizza Baby Carrots Cucumber circles Light Ranch Dip Cookie</p>	<p>Sweet and Crunchy Yogurt Parfait</p> <p>Sweet and Tangy lowfat vanilla yogurt layered with blueberries, strawberries or other assorted fruits Served with Vanilla Clodhoppers Granola</p> 
<p>7</p> <p>French Toast Sticks Syrup Sausage Honey Roasted Sunflower Seeds Orange Juice Strawberries</p>	<p>8</p> <p>Turkey and Cheese Sub Condiments Fresh Orange Wedges Corn Baked Doritos</p>	<p>9</p> <p>Hamburger or Cheeseburger on a bun Pickles Condiments Baked Beans Fresh Watermelon Golden Fruit Crisp</p> 	<p>Pizza on a Thursday! 10</p> <p>Domino's Pizza Assorted Fruits and Veggies Light Ranch Dip Cookie</p>	<p>Fenway Day! 11</p> <p>Hot dog on a bun Condiments Green Beans Pears Brown Rice Carrot & Raisin Salad</p>	<p>Chef Salad</p> <p>Served with whole wheat dinner roll. Sliced ham, turkey, egg, and cheese on a bed of crisp iceberg lettuce with fresh tomatoes and cucumbers</p>
<p>Please PREPAY for your child's lunches. The cost for the entire month of June is \$22.50.</p> <p>Applications for free or reduced priced meals available at all school offices and online at www.braintreeschools.org</p>	<p>Price of Lunch: \$2.50 (free and reduced price (\$.40) meals available for families who qualify) Milk: \$.50 Questions or Comments about Food service? Please call Megan Aardema, Food Service Director at 781-380-0144.</p>	<p>Available as entrée choices every day: PBJ sandwich PB Fluff sandwich Fresh Garden Salad with Breadstick or Pita bread Bagel with Cream Cheese and Cheese Cubes MILK IS INCLUDED WITH ALL MEALS EVERY DAY</p>			<p>HAVE A GREAT SUMMER!</p> 

MENU SUBJECT TO CHANGE WITHOUT NOTICE Did you know... June is Fresh Fruit and Vegetable month? Fresh fruits and veggies are a great source of vitamins and minerals and are served daily in the Braintree Schools. Massachusetts has the ability to grow lots of local produce. During the month of June beets, peas, broccoli, and strawberries are available. In July beans, blueberries, carrots, corn, eggplant, garlic, onions, peppers, potatoes, raspberries, and tomatoes are available. Lastly, in August leeks and melons are available. So get to your local farmer's market or your local farm and harvest your own!



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