




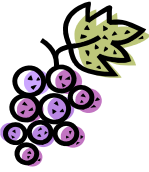








St. Francis of Assisi School Lunch menu

October 2009

Mon	Tue	Wed	Thu	Fri
<p>Price of Lunch: \$2.50 (free and reduced price (\$.40) meals available for families who qualify) Applications for free or reduced priced meals available at all school offices and online at www.braintreeschools.org</p> <p>Milk is included with every meal every day.</p>	<p>Please Prepay for your child's meals in advance. The cost for lunches for the entire month of October would be \$50.00. Prepayments help to speed up the lunch line and reduce impact on the environment by reducing the number of letters that must be sent out each week.</p>		<p>Hamburger or cheeseburger on a bun Potato Wedges Condiments Pickles Watermelon Slice</p>	<p>Pizza Baby Carrots Cucumber circles Light Ranch Dip Cookie</p>
<p>Italian Chicken Quesadilla Rice Peaches Carrots</p>	<p>Breakfast for lunch! Bagel Light Cream Cheese Yogurt Honey Roasted Sunflower Seeds Orange Juice Chilled Strawberries with or without whipped topping</p>	<p>Crispy Ranch Chicken Wrap Apricots Cucumber Sticks Light Ranch Dressing</p>	<p>Pizza Baby Carrots Celery Sticks Light Ranch Dip Cookie</p>	<p>No lunch Served Faculty Meeting</p> 
<p>Columbus Day- No School October 12-16 is National School Lunch Week</p> 	<p>Chicken Parm Pasta Fresh Garden Salad Whole wheat Breadstick Farm Fresh Apple</p> 	<p>NEW!! Twin Mini Burgerz Tator Tots Condiments Pears</p> 	<p>Chicken Nuggets Dipping Sauces Pasta Fresh Grapes Carrot Coins Warm Apple Crisp</p> 	<p>Pizza Baby Carrots Cucumber Circles Light Ranch Dip Cookie</p> 
<p>French Toast Sticks Syrup Cheese Cubes Orange Juice Chilled Strawberries with or without whipped topping</p> 	<p>Hot Dog on a bun Condiments Tator Tots Pickles Pretzels Sweet Potato Apple Bake</p>	<p>Grilled Cheese Sandwich Apple Sauce Carrots Animal Crackers</p>	<p>Crispy Baked Chicken Warm apples with Cinnamon Corn Whole Wheat Dinner roll</p>	<p>Pizza Baby Carrots Celery Sticks Light Ranch Dressing Cookie</p>
<p>Homemade Macaroni and Cheese Mixed Veggies Fresh Pear Wheat Dinner Roll</p>	<p>Spaghetti Meatballs and Sauce Whole Wheat Breadstick Fresh Garden Salad Dressing on the side Apricots</p>	<p>NEW!!! Yummy Rice Bowl- teriyaki chicken and veggies over a bed of rice Whole Wheat Roll Pears Jell-O</p> 	<p>Almost Halloween! "Bat Wings" (Chicken Tenders) Monster Goo (BBQ sauce) Goblin Green Beans "Jumpy" Juice Pumpkin Shaped Soft Pretzel Jack o Lantern Cookie</p>	<p>Pizza Baby Carrots Cucumber Circles Light Ranch Dressing Cookie</p> 

MENU SUBJECT TO CHANGE WITHOUT NOTICE Did you know... October 12-16 is National School Lunch Week with the theme of All Star School Lunch! School meals always offer a balance selection of nutritious foods which provide important nutrients and energy for all student All-Stars on the go!



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