




Monday	Tuesday	Wednesday	Thursday	Friday	Special Entrée of the Week
3 Pancakes Sausage Links Applesauce Syrup Tator Tots	4 Crispy Chicken Patty on a Whole Wheat Bun Lettuce and Tomato toppers Potato Wedges Homemade baked beans Pears	5 Stuffed Shells with sauce Garden Salad Light ranch dressing Steamed Broccoli Peaches	6 RiBBQ on a Whole Wheat Bun Tomato slices Romaine lettuce Condiments Pickles Roasted Cauliflower with Parmesan Cheese Assorted fresh and cupped fruit	7 Domino's Smart Slice Pizza Baby Carrots Cucumber Circles Lite Ranch Dip Creamy Ranch Hummus Cookie Assorted fresh and cup fruit	Turkey BLT on Wheat
10 <i>Meatless Monday!</i> Cheesy Vegetarian Quesadilla Rice Cheese Salsa Mexicali Cheddar Bean Salad Mixed Fruit	11 Choice of Hamburger or Cheeseburger on a Whole Wheat Bun Tomato and Lettuce Toppers Pickles Condiments Oven Baked French Fries Raisins	12 Homemade Whole Wheat creamy Mac & Cheese Steamed Broccoli Breadstick Carrot coins Applesauce	13 Celebrate Valentine's Day Early! Cupid's Chicken Nuggets "Best Friend" BBQ sauce Brown Sugar Baked Sweet Potatoes with Cinnamon "Cute" Cucumber Circles Light Ranch Dip "Sweetie Pie" Strawberries 	14 Domino's Smart Slice Pizza Pears Fresh Garden Salad Baby Carrots Lite Ranch Dressing Cookie 	Caprese Salad with French rolls Sliced Fresh tomatoes Sliced Mozzarella cheese with balsamic dressing on the side
17 Presidents' Day No School 	18 You can now prepay and check balances and transactions online! Go to www.myschoolbucks.com to register.	19 Price of lunch: \$2.75 (free and reduced price \$0.40 meals available for families that qualify) Al a Carte Milk: \$0.50	20 Milk and assorted fresh and cupped fruit is included at every meal every day. Price for the month of February is \$41.25.	21 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 781-380-0144.	Available as entrée choices everyday: PB & J sandwich with graham crackers and cheese stick Fresh Garden Salad with Pita Bread
24 Grilled Chicken Breast on a Whole Wheat Bun Tomato & Lettuce toppers Oven Baked French Fries Pears	25 Spicy Thai Noodles with Vegetables and Chicken Steamed Broccoli Crispy Crunchy Chick Peas Mandarin Oranges Fortune Cookie	26 Beefy Nachos Cheese Rice Salsa Shredded Romaine Lettuce Lowfat Sour Cream Peaches	27 Grilled Cheese Sandwich Southwest Tortilla soup (Grades 6-8) Honey Glazed Carrot Coins Homemade Cole Slaw Applesauce	28 Personal Pizza Baby Carrots Celery Sticks Light Ranch Dip Creamy Ranch Hummus Cookie Fruit cup	Sweet and Crunchy Yogurt Parfait Sweet and Tangy lowfat vanilla yogurt layered with strawberries, peaches or other assorted fruits Served with Choice of Cereal and Giant Cinnamon Graham Goldfish

Braintree St. Francis School Lunch Menu

February 2014

MENU SUBJECT TO CHANGE WITHOUT NOTICE
(All Weekly Specials include the fruit, veggie and milk)

Did you know...

February is National Sweet Potato Month - they aren't just for Thanksgiving!
Sweet potatoes come in variety of colors – orange, purple, and yellow. They are a great source of vitamin A, and can be substituted for regular white potatoes. For a sweet side, try making sweet potato biscuits, baked sweet potato fries or mashed sweet potatoes. Or, try a baked sweet potato with toppings of your choice for sweet or savory delicious *and* nutritious way to celebrate February!

