



Eat Well  
Learn Well  
Live Well

Quincy School Nutrition

**Meal Pricing**

**Breakfast:** \$1.00 full price;  
\$.25 Reduced Price

**Lunch:** \$2.25 Full Price;  
\$.40 Reduced Price

**Milk:** \$.50

**Adult:** Breakfast \$1.75;  
Lunch \$3.00; Milk \$.60

F/R meal eligibility must be established each school year.

If you receive a "DIRECT CERTIFICATION" letter you do not need to submit an application. Applications are sent home at the start of school & are available online at [www.quincypublicschools.com](http://www.quincypublicschools.com). Households may also apply online at [www.heartlandapps.com](http://www.heartlandapps.com)

Meal prepayments can be made at [www.myschoolbucks.com](http://www.myschoolbucks.com)

F/R applications may be submitted at any time during the school year.

Menus are subject to change due to emergencies. "This institution is an equal opportunity provider."

**ALTERNATIVE LUNCH OPTIONS:**

**Veggie Plate:**

Fresh seasonal Veggies, Cheese Stick and Hartzels.  
Available **W/TH/F**

**Pre-packed Cold Lunch:**

Yogurt, Cheese Stick, WG WW Bagel, Fruit, Baby Carrots, Milk Choice

**(WHILE SUPPLIES LAST— LIMITED STORAGE SPACE)**

Available **W/TH/F**

**V** =Vegetarian

**S** =Smart Choice

**P** =Pork

ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>NO SCHOOL</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p>3 <b>NO LUNCH SERVICE</b></p> <p><b>Early Release School's Out!</b></p>	<p>4 <b>BRUNCH FOR LUNCH!</b></p> <p>WW Pancakes Sliced Turkey Ham &amp; Maple Syrup Potato Wedges Applesauce</p>	<p>5 Fajita Chicken over a bed of Brown rice Steamed Broccoli Mixed Fruit</p>	<p>6 <b>Create Your Own...</b></p> <p>Cold Ham &amp; Cheese on WW Wrap Side Garden Salad SNOWMAN PRETZEL Mixed Fruit </p>
<p>9 <b>MEATLESS MONDAY</b></p> <p>WG Round Personal Cheese Pizza Carrot Snack Packs Apple Slices <b>V</b></p>	<p>10 <b>NO LUNCH SERVICE</b></p> <p><b>Early Release School's Out!</b></p>	<p>11 <b>NEW MENU ITEM</b></p> <p>Diced Smoked Turkey Macaroni &amp; Cheese Sweet Yellow Corn Applesauce</p>	<p>12 <b>NEW MENU ITEM</b></p> <p>Cold BBQ Diced Chicken &amp; Ranch on a Jr. Sub Side Garden Salad Mixed Fruit</p>	<p>13 Chicken Patty on a WW Bun Oven Baked Fries Green Beans Mixed Fruit</p>
<p>16 <b>NO SCHOOL</b></p> <p><b>MLK Day</b></p>	<p>17 <b>NO LUNCH SERVICE</b></p> <p><b>Early Release School's Out!</b></p>	<p>18 <b>DEEP SOUTH COOKIN'</b></p> <p>BBQ Pulled Pork Steamed Spinach WW Dinner Roll Applesauce <b>P</b></p>	<p>19 <b>ITALIAN DELIGHT!</b></p> <p>WW Spaghetti &amp; Beef Meatballs WW Texas Garlic Bread Green Beans Mixed Fruit</p>	<p>20 <b>SUPER BOWL PARTY</b></p> <p>Tailgate Turkey Chili Corn Bread Mixed Fruit</p>
<p>23 <b>MEATLESS MONDAY</b></p> <p>Grilled Cheese Sandwich Carrot Snack Pack Apple Slices <b>V</b></p>	<p>24 <b>NO LUNCH SERVICE</b></p> <p><b>Early Release School's Out!</b></p>	<p>25 Popcorn Chicken Bowl Sweet Yellow Corn Mashed Potatoes WW Dinner Roll Applesauce</p>	<p>26 <b>Beef Hot Dog on a WW Bun</b> Steamed Broccoli Mixed Fruit</p>	<p>27 <b>BRUNCH FOR LUNCH!</b></p> <p>WW French Toast w/ Maple Syrup Egg Patty Sweet Potato Puffs Mixed Fruit</p>
<p>30 <b>MEATLESS MONDAY</b></p> <p>Pizza Sticks w/ Marinara Sauce Carrot Snack Packs Apples Slices</p>	<p>31 <b>NO LUNCH SERVICE</b></p> <p><b>Early Release School's Out!</b></p>	<p><b>What's for Lunch?</b></p> <p>All Elementary School Meals Come with fruit choice and 1% White, Skim, or flavored 1% Milk</p>	<p><b>SNOW SPORTS</b></p>  <p><b>KEEP CALM IT'S ONLY SNOW</b></p>	
<p><b>January</b></p>				
<p>Questions? Suggestions? Please contact the School Nutrition Department: (617) 984-8768</p>				