



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.

Households may also apply online at www.heartlandapps.com

Meal prepayments can be made at 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 Heartzels.
Available **W/T/H/F**

Pre-packed Cold Lunch:

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

(WHILE SUPPLIES LAST— LIMITED STORAGE SPACE)

Available **Mondays Only**

ELEMENTARY SCHOOL MENU

 =Vegetarian  =Smart Choice  =Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 MEATLESS MONDAY</p> <p>WW Pizza Sticks Marinara Dipping Sauce Carrot Snack Packs Seasonal Fruit</p>	<p>4 NO LUNCH SERVICE</p> <p></p>	<p>5 Build Your Own Beef Meatball Sub Steamed Green Beans WW Dinner Roll Seasonal Fruit</p>	<p>6 Cheese Burger (Beef) on a WW Bun Smile Fries Garlic Roasted Chickpeas Seasonal Fruit</p>	<p>7 Cold Italian WW Hoagie Sliced Ham, Pepperoni, & American Cheese Romaine Salad Seasonal Fruit</p>
<p>10 WW French Bread Pizza Carrot Snack Packs Seasonal Fruit </p>	<p>11 NO LUNCH SERVICE</p> <p></p>	<p>12 Teriyaki Beef Dippers Steamed Brown Rice Onion & Pepper Medley Seasonal Fruit</p>	<p>13 Deli Turkey & American Cheese Sandwich Chickpea & Tomato Salad Seasonal Fruit</p>	<p>14 GOOD FRIDAY NO SCHOOL</p>
<p>17 </p>	<p>18 </p>			<p>21 </p>
<p>24 MEATLESS MONDAY</p> <p>Round Personal Pizza Carrot Snack Packs Seasonal Fruit</p>	<p>25 NO LUNCH SERVICE</p> <p></p>	<p>26 Popcorn Chicken w/ Macaroni & Cheese Steamed Green Beans WW Dinner Roll Seasonal Fruit</p>	<p>27 MEXICAN FIESTA</p> <p>Beef Nachos w/ Shredded Cheese, Corn Black Beans Tortilla Chips Seasonal Fruit</p>	<p>28 Honey BBQ Pork Rib 2 WW Dinner Rolls Steamed Spinach Seasonal Fruit</p>
<p></p>	<p></p>			<p></p>

Questions? Suggestions? Please contact the School Nutrition Department: (617) 984-8768