



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 Heartzels— available **WTH/F**

**Pre-packed Cold Lunch:**

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

**(WHILE SUPPLIES LAST— LIMITED STORAGE SPACE)** available **WTH/F**

**V** =Vegetarian    **S** =Smart Choice    **P** =Pork

Monday Tuesday Wednesday Thursday Friday



<p><b>1 BRUNCH FOR LUNCH</b> Pancakes w/ Turkey Sausage &amp; Maple Syrup Applesauce</p>					<p><b>2</b> Beef burger w/ Cheese On a WW Bun Tater Tots Baggie Craisins</p>																			
<p><b>5</b> <b>MEATLESS MONDAY</b> Grilled Cheese Sandwich Carrot Snack Pack Apple Slices <b>V</b></p>					<p><b>6</b> <b>NO LUNCH SERVICE</b> <b>Early Release School's Out!</b></p>					<p><b>7</b> <b>NEW MENU ITEM!</b> Cold Italian WW Hoagie Sliced Ham, Pepperoni &amp; American Cheese <b>NEW!</b> Side Romaine Salad Peach Cup <b>P</b></p>					<p><b>8</b> Chicken Nuggets Potato Wedges Steamed Sliced Carrots Strawberry Cup</p>					<p><b>9</b> <b>BRUNCH FOR LUNCH</b> French Toast Sticks w/ Maple Syrup Egg Patty Potato Wedges Mixed Fruit</p>				
<p><b>12</b> <b>MEATLESS MONDAY</b> Pizza Sticks w/ Marinara Dipping Sauce Carrot Snack Packs Pears <b>V</b></p>					<p><b>13</b> <b>NO LUNCH SERVICE</b> <b>Early Release School's Out!</b></p>					<p><b>14</b> <b>NEW MENU ITEM!</b> Warmed Turkey &amp; Cheese Croissant-Wich Steamed Broccoli Mixed Fruit <b>NEW!</b></p>					<p><b>15</b> <b>HOLIDAY FEAST!</b> Roasted Turkey w/ Gravy WW Dinner Roll Corn &amp; Carrot Medley Fruit &amp; Holiday Cookie <b>Wishing You Holiday Cheer!</b></p>					<p><b>16</b> <b>MEXICAN FIESTA</b> Turkey Taco Boat w/ Shredded Cheese Corn &amp; Black Bean Salsa Baggie of Craisins</p>				
<p><b>19</b> <b>MEATLESS MONDAY</b> French Bread Pizza Carrot Snack Pack Apple Slices <b>V</b></p>					<p><b>20</b> <b>NO LUNCH SERVICE</b> <b>Early Release School's Out!</b></p>					<p><b>21</b> Grilled Chicken Teriyaki Strips Over a Bed of Brown Rice Peas &amp; Corn Medley Mixed Fruit</p>					<p><b>22</b> Popcorn Chicken w/ Sweet &amp; Sour Sauce Sweet Potato Tots Dinner Roll Mixed Fruit</p>					<p><b>23</b> <b>CHEF'S CHOICE</b> (Ask your lunch attendant the day before) <b>*Nurses Please contact the Food Service Office for nutrition &amp; allergy info.*</b></p>				
<p><b>26</b>  <b>WINTER BREAK</b></p>					<p><b>27</b> <b>WINTER BREAK</b></p>					<p><b>28</b> <b>WINTER BREAK</b></p>					<p><b>29</b> <b>WINTER BREAK</b></p>					<p><b>30/31</b>  <b>HAPPY NEW YEAR</b></p>				
<p><b>NO SCHOOL ALL WEEK</b></p>																								

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



ELEMENTARY SCHOOL MENU