



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/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	
 OK, Show of hands... Who's tired of snow? MEATLESS MONDAY		What's FOR LUNCH? 		1 ITALIAN DELIGHT WW Spaghetti & Beef Meatballs Steamed Green Beans WW Dinner Roll Seasonal Fruit		2 SOUTHERN STYLE Chicken & Waffles w/ Maple Syrup Carrot Snack Pack Seasonal Fruit 		3 Cheese Burger (Beef) on a WW Bun Smile Fries Seasonal Fruit	
6 French Bread Pizza Carrot Snack Packs Seasonal Fruit V MEATLESS MONDAY		7 NO LUNCH SERVICE 		8 Popcorn Chicken w/ Sweet & Sour Sauce Sweet Potato Tots Steamed broccoli WW Dinner Roll Seasonal Fruit		9 MEXICAN FIESTA Turkey Taco Shredded Cheese served with Tortilla Chips Corn & Black Bean Salsa Seasonal Fruit		10 BACK BY POPULAR DEMAND Delicious Chicken Parmesan Sandwich w/ Marinara Sauce Steamed Green Beans Seasonal Fruit	
13 Round Personal Pizza Carrot Snack Pack Seasonal Fruit MEATLESS MONDAY		14 NO LUNCH SERVICE <i>Happy Valentines Day</i>		15 BRUNCH FOR LUNCH French Toast Sticks w/ Maple Syrup Turkey Sausage Potato Wedges Seasonal Fruit		16 Teriyaki Beef Dippers Three bean Medley Green Beans WW Dinner Roll Seasonal Fruit		17 NEW MENU ITEM Baked Chicken Nuggets Caesar Salad w/ Parmesan Cheese WW Dinner Rolls Seasonal Fruit	
20		21		22		23		24	
 February School Vacation Week									
27 MEATLESS MONDAY Grilled Cheese Carrot Snack Pack Seasonal Fruit		28 NO LUNCH SERVICE 		All Elementary School Meals Come with fruit choice and 1% White, Skim, or flavored 1% Milk					

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

