



Eat Well
Learn Well
Live Well

Quincy School Nutrition

Meal Pricing

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

**Lunch: \$2.50 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 Hartzels.
Available **W/T/H/F**

Pre-packed Cold Lunch: Yogurt, Cheese Stick, WG WW Bagel, Fruit, Baby Carrots, Milk Choice **V**

**(WHILE SUPPLIES LAST—
LIMITED STORAGE SPACE)** **S**
Available **W/T/H/F**

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

ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 NO SCHOOL</p> <p>HAPPY NEW YEAR</p> <p>MEATLESS MONDAY</p>	<p>2 NO LUNCH</p> <p>Early Release School's Out!</p>	<p>3 BRUNCH FOR LUNCH!</p> <p>WW Pancakes w/ Maple Syrup Potato Wedges Honey Roast Chickpeas Seasonal Fruit</p> <p>LUCKY TRAY DAY!</p>	<p>4 MEXICAN FIESTA</p> <p>Turkey Taco Nachos Corn & Black Bean Salsa Seasonal Fruit</p>	<p>5 SANDWICH STACKER</p> <p>Cheeseburger On a WW Bun Steamed Broccoli Seasonal Fruit</p> <p>BONUS * Snowman Pretzel</p> 
<p>8 WG Round Personal</p> <p>Cheese Pizza Carrot Snack Packs V Seasonal Fruit</p>	<p>9 NO LUNCH</p> <p>Early Release School's Out!</p>	<p>10 SANDWICH STACKER</p> <p>Beef Rib on a French Roll Steamed Green Beans Seasonal Fruit</p>	<p>11 MEXICAN FIESTA</p> <p>Chicken Fajita Spanish Rice Corn & Black Beans WW Tortilla Chips Seasonal Fruit</p>	<p>12 ASIAN STIR FRY!</p> <p>Chicken & Broccoli Stir Fry w/ WW Noodles Seasonal Fruit</p> <p>BONUS* fortune Cookie!</p>
<p>15 NO SCHOOL</p> <p>MLK Day</p> <p>MEATLESS MONDAY</p>	<p>16 NO LUNCH</p> <p>Early Release School's Out!</p>	<p>17 ITALIAN DELIGHT!</p> <p>WW Spaghetti & Beef Meatballs WW Texas Garlic Toast Steamed Green Beans Seasonal Fruit</p>	<p>18 HOME-STYLE KITCHEN</p> <p>Popcorn Chicken Mashed Potatoes Roasted Broccoli Seasonal Fruit</p>	<p>19 AMERICAN FARE</p> <p>Beef Burger w/ Cheese On a WW Bun Tater Tots Three Bean Medley Seasonal Fruit</p>
<p>22 Grilled Cheese Sandwich</p> <p>Carrot Snack Pack Seasonal Fruit V</p> <p>MEATLESS MONDAY</p>	<p>23 NO LUNCH</p> <p>Early Release School's Out!</p>	<p>24 BRUNCH FOR LUNCH!</p> <p>WW Pancakes w/ Maple Syrup P Potato Wedges Honey Roast Chickpeas Seasonal Fruit</p>	<p>25 MEXICAN FIESTA</p> <p>Turkey Taco Nachos Corn & Black Bean Salsa Seasonal Fruit V</p>	<p>26 SUPER BOWL PARTY</p> <p>Breaded Chicken Nuggets BBQ Dipping Sauce WW Roll</p> <p> Steamed Broccoli Seasonal Fruit</p>
<p>29 Pizza Sticks w/ Marinara</p> <p>Sauce Carrot Snack Packs Seasonal Fruit</p>	<p>30 NO LUNCH</p> <p>Early Release School's Out!</p>	<p>31 HOME-STYLE KITCHEN</p> <p>Roasted Turkey w/ Gravy Mashed Potatoes Steamed Green Beans WW Dinner Roll</p>	<p>SNOW SPORTS</p> 	
<p>January</p>				
<p>Questions? Suggestions? Please contact the School Nutrition Department: (617) 984-8768</p>				