



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, 2 Cheese Sticks, Pretzels & WG Crackers  
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**

=Vegetarian =Smart Option =Pork



ELEMENTARY SCHOOL MENU



Monday Tuesday Wednesday Thursday Friday

	<p><b>All Elementary School Meals</b> Come with fruit choice and 1% White, Skim, or flavored 1% Milk</p>	<p>1 Round Personal Pizza Steamed Green Bean &amp; Kidney Bean Medley w/ Dressing Variety Seasonal Fruit</p>	<p>2 Cheese Burger (Beef) on a WW Bun Smile Fries Seasonal Fruit</p>	<p>3 Macaroni &amp; Cheese Steamed Broccoli Sunflower Seeds WW Dinner Roll Seasonal Fruit</p>
<p>6  WW Pizza Sticks Marinara Dipping Sauce Carrot Snack Packs Seasonal Fruit </p>	<p>7 <b>NO LUNCH SERVICE</b> </p>	<p>8 WW Spaghetti w/ Chicken Meatballs WW Dinner Roll Three Bean Medley Seasonal Fruit</p>	<p>9 <b>BRUNCH FOR LUNCH</b> French Toast Sticks w/ Maple Syrup Turkey Sausage 2 graham Cracker Packs Potato Wedges Seasonal Fruit</p>	<p>10 Breaded Fish Shapes Steamed Spinach Steamed Green Beans WW Dinner Roll Seasonal Fruit</p>
<p>13  French Bread Pizza Carrot Snack Packs Seasonal Fruit</p>	<p>14 <b>NO LUNCH SERVICE</b> </p>	<p>15 New Mexican Salsa Dog (Turkey) (Corn &amp; Black Bean Salsa) WW Bun Seasonal Fruit</p>	<p>16 Cold Italian WW Hoagie Sliced Ham, Pepperoni &amp; American Cheese Side Romaine Salad Seasonal Fruit</p>	<p>17 Sliced Turkey Ham Mashed Potatoes Steamed Green Beans St. Paddy's Day Cookie <i>Happy St. Patrick's Day!</i> </p>
<p>20  Round Personal Pizza Carrot Snack Packs Seasonal Fruit</p>	<p>21 <b>NO LUNCH SERVICE</b> </p>	<p>22 Popcorn Chicken Mashed Potatoes Steamed Green Beans WW Dinner Roll Seasonal Fruit</p>	<p>23 American Chop Suey (beef) Three Bean Medley WW Dinner Roll Seasonal Fruit</p>	<p>24 Macaroni &amp; Cheese Steamed Green Bean &amp; Kidney Bean Medley WW Dinner Roll Seasonal Fruit</p>
<p>27  Grilled Cheese Carrot Snack Packs Seasonal Fruit</p>	<p>28 <b>NO LUNCH SERVICE</b> </p>	<p>29 Deli Style Turkey &amp; Cheese Melt On a WW Bun, Smile Fries Seasonal Fruit</p>	<p>30 Chicken Fajita (Pepper &amp; Onions) w/ Brown Rice Tortilla Chips Seasonal Fruit</p>	<p>31 Tuna Salad On a WW Bun Celery Sticks Seasonal Fruit</p>

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

