



Eat Well
Learn Well
Live Well

Quincy School Nutrition



ELEMENTARY SCHOOL MENU



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

ALTERNATIVE LUNCH
OPTIONS:
Veggie Plate:
 Fresh seasonal Veggies, Cheese Stick and Pretzels & Graham Crackers
 Available **W/T/H/F**
Pre-packed Cold Lunch: Yogurt, Cheese Stick, WG WW Bagel, Fruit, Baby Carrots, Milk Choice
 Available **Mondays Only**

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

Monday Tuesday Wednesday Thursday Friday

1 MEATLESS MONDAY Grilled Cheese Carrot Snack Packs Seasonal Fruit V	2 NO LUNCH 	3 Build Your Own Beef Meatball Sub Steamed Green Beans Seasonal Fruit	4 Breaded Fish Bites WW Dinner Roll Steamed Peas Kidney Beans Seasonal Fruit	5 Breaded Chicken Fritters Steamed Broccoli WW Dinner Roll Seasonal Fruit
8 MEATLESS MONDAY Pizza Sticks w/ Marinara Dipping Sauce Carrot Snack Packs Seasonal Fruit V	9 NO LUNCH 	10 Popcorn Chicken w/ Macaroni & Cheese Steamed Green Beans WW Dinner Roll Seasonal Fruit	11 Turkey Taco Nachos Shredded Cheese Corn, Black Beans, Salsa & Tortilla Chips Seasonal Fruit	12 Turkey & American Cheese On a WW Bun Caesar Salad Seasonal Fruit
15 MEATLESS MONDAY French Bread Pizza Carrot Snack Packs Seasonal Fruit V	16 NO LUNCH 	17 Ham & Cheese on A WW Bun Celery Sticks with Ranch Dipper Seasonal Fruit	18 Turkey Frank On a WW Bun French Fries Vegetarian Beans Seasonal Fruit	19 Cold Italian WW Hoagie Sliced Ham, Pepperoni, & American Cheese Romaine Salad Seasonal Fruit
22 MEATLESS MONDAY Round Personal Pizza Carrot Snack Packs Seasonal Fruit V	23 NO LUNCH 	24 Spaghetti & Beef Meatballs Garlic Texas Toast Steamed Green Beans Season Fruit	25 WW French Toast Turkey Sausage WW Dinner Roll Tater Tots	26 Chicken Strips On a Bed of Caesar Salad 2 WW Dinner Roll Seasonal Fruit
29 NO SCHOOL 	30 NO LUNCH 	31 Breaded Chicken & Waffles w/ Syrup Steamed Green Beans Seasonal Fruit	 	

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