



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 Hartzels— available **W/TH/F**

Pre-packed Cold Lunch:

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

(WHILE SUPPLIES LAST- LIMITED KITCHEN SPACE) available W/TH/F

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

ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk</p>	<p>1 NO LUNCH SERVICE</p>	<p>2 NEW MENU ITEM!</p> <p>Delicious Chicken Parmesan Sandwich w/ NEW! Marinara Sauce</p> <p>Steamed Green Beans</p> <p>Mixed Seasonal Fruit</p>	<p>3 BRUNCH FOR LUNCH!</p> <p>WW French Toast Sticks with Maple Syrup</p> <p>Turkey Sausage Links</p> <p>Sweet Potatoes Tots</p> <p>Applesauce</p>	<p>4 Cheese Burger on a WW bun</p> <p>Smile Fries</p> <p>Baggie of Craisins</p>
<p>7 MEATLESS MONDAY</p> <p>Grilled Cheese Sandwich</p> <p>Carrot Snack Packs</p> <p>Grapes V</p>	<p>8 ELECTION DAY!</p> <p>NO SCHOOL</p>	<p>9 NEW MENU ITEM!</p> <p>Cereal Fun Pack</p> <p>Served with Yogurt, Carrot Snack Pack</p> <p>Box of Raisins</p> <p>Mixed Seasonal Fruit</p>	<p>10 NEW MENU ITEM!</p> <p>Fiesta Chicken w/ Sautéed Broccoli & Cauliflower Medley, Over a Bed of Brown Rice</p> <p>Carrot Snack Pack</p> <p>Applesauce NEW!</p>	<p>11 NO SCHOOL!</p>
<p>14 MEATLESS MONDAY</p> <p>Pizza Sticks w/ Marinara Dipping Sauce</p> <p>Roasted Sunflower Seeds, Carrot Snack Packs</p> <p>Orange V</p>	<p>15 NO LUNCH SERVICE</p>	<p>16 THANKSGIVING FEAST</p> <p>Roast Turkey & Gravy, Mashed Potatoes, WW Dinner Roll, Peas and Corn Medley</p> <p>Mixed Seasonal Fruit</p> <p>Thanksgiving Cookie</p> <p>DON'T FORGET TO GIVE THANKS!</p>	<p>17 NEW!</p> <p>Chicken Nuggets w/ Tater Tots</p> <p>Steamed Green Beans</p> <p>Applesauce</p>	<p>18 Turkey Frank on a WW Bun</p> <p>Baked Beans</p> <p>Baggie of Craisins</p>
<p>21 MEATLESS MONDAY</p> <p>French Bread Pizza</p> <p>Carrot Snack Packs</p> <p>Pear V</p>	<p>22 NO LUNCH SERVICE</p>	<p>23 HALF DAY NO LUNCH</p>	<p>24 Thanksgiving Break No School</p>	<p>25</p>
<p>28 MEATLESS MONDAY</p> <p>WG Round Personal Cheese Pizza</p> <p>Carrot Snack Packs</p> <p>Apple V</p>	<p>29 NO LUNCH SERVICE</p>	<p>30 BACK BY POPULAR DEMAND</p> <p>SOUTHERN STYLE!</p> <p>Chicken & Waffles</p> <p>Maple Syrup w/ Steamed Broccoli</p> <p>Mixed Seasonal Fruit</p>	<p>Check us out on:</p>	<p>And Connect on:</p> <p>@quincyschoolnutrition</p>

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

