



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 year.

Menus are subject to change due to emergencies. "This institution is an equal opportunity provider."

ALTERNATIVE LUNCH OPTIONS:

SALAD ENTREE with romaine lettuce and fresh seasonal veggies, cheese stick and crackers is available W/TH/F

PRE-PACKED COLD LUNCH:
Yogurt, Cheese Stick, WG Soft Pretzel/WG Bagel, Fruit, Baby Carrots, Milk Choice available W/TH/F



=Vegetarian =Smart Choice =Pork

Monday Tuesday Wednesday Thursday Friday

<p>3 MEATLESS MONDAY</p> <p>Grilled Cheese Sandwich Baby Carrots Snack Honey Soy Nuts Grapes </p>	<p>4 NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	<p>5</p> <p>WW Spaghetti & Beef Meatballs Green Beans WG dinner Roll Mixed Seasonal Fruit</p>	<p>6</p> <p>Chicken Fajita Spanish Rice w/ Red Beans w/ a Soft WW tortilla Corn Strawberry Cup</p>	<p>7</p> <p>Popcorn Chicken Mashed potatoes Steamed Broccoli WG Dinner Roll Box of Crasains</p>
<p>10 NO SCHOOL</p> <p>COLUMBUS DAY</p>	<p>11 NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	<p>12 NEW MENU ITEM! SOUTHERN STYLE!</p> <p>NEW! Chicken & Waffles Carrot Snack Pack Mixed Seasonal Fruit</p>	<p>13 BRUNCH FOR LUNCH!</p> <p>Egg & Cheese on a Croissant Sweet Potato Puffs Applesauce</p>	<p>14</p> <p>Ham & Cheese on a Pretzel Roll Smile Fries Box of Raisins</p>
<p>17 MEATLESS MONDAY</p> <p>WW Pizza Stick Marinara Dipping Sauce Carrot Snack Honey Soy Nuts Orange Slices </p>	<p>18 NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	<p>19 NEW MENU ITEM!</p> <p>Asian Chicken & Vegetable Stir Fry Steamed Broccoli Applesauce NEW!</p>	<p>20 BRUNCH FOR LUNCH!</p> <p>WW French Toast Sticks Turkey Sausage Links, Maple Syrup, Potato Puffs Strawberry Cup</p>	<p>21</p> <p>Chicken w/ Gravy Mashed Potatoes Green Beans WG Dinner Roll Box of Crasains</p>
<p>24 MEATLESS MONDAY</p> <p>WG French Bread Pizza Baby Carrot Snacks Honey Soy Nuts Pear </p>	<p>25 NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	<p>26</p> <p>WW Ziti Beef & Tomato Sauce Green Beans WG Dinner Rolls Wild Blueberry Cups</p>	<p>27 NEW MENU ITEM!</p> <p>American Chop Suey Garlic Bread Steamed Broccoli Apples Slices NEW!</p>	<p>28</p> <p>Popcorn Chicken Roasted Sweet Potatoes Sweet & Sour Sauce WW Dinner Roll Box of Raisins</p>
<p>31 HALLOWEEN!</p> <p>WG Round Personal Pizza Baby Carrot Snacks Pumpkin Cookie Apple </p> <p>MEATLESS MONDAY</p>		<p>All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk</p>	<p>Check us out on: </p> <p>And Connect on: @quincyschoolnutrition</p>	

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

