



Eat Well
Learn Well
Live Well

Quincy School Nutrition

ELEMENTARY SCHOOL MENU

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 Pretzels & Graham Crackers

Available **W/TH/F**

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

(WHILE SUPPLIES LAST—LIMITED STORAGE SPACE)

Available **Mondays Only**

V = Vegetarian **S** = Smart Choice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Happy Labor Day</p>	<p>5 NO LUNCH SERVICE</p>	<p>6 WW Pizza Baby Carrot Snack Pack Seasonal Fruit LUCKY TRAY DAY</p>	<p>7 AMERICAN FARE Beef Burger w/ Cheese on a WW Bun Potato Puffs Vegetarian Baked Beans Seasonal Fruit</p>	<p>8 TASTE OF ASIA Teriyaki Chicken Strips Steamed Broccoli & WW Noodles Fortune Cookie! Seasonal Fruit</p>
<p>11 MEATLESS MONDAY</p> <p>WW Pizza Stick Marinara Dipping Sauce Carrot Snack Pack Seasonal Fruit</p>	<p>12 NO LUNCH SERVICE</p>	<p>13 HOMESTYLE KITCHEN Popcorn Chicken w/ Gravy Mashed Potatoes Steamed Green Beans WW Dinner Rolls</p>	<p>14 MEXICAN FIESTA Chicken Fajita Strips w/ Cheese Corn & Black Beans WW Tortilla Chips Seasonal Fruit</p>	<p>15 SANDWICH STACKER Chicken Salad Sandwich Steamed Broccoli Seasonal Fruit</p>
<p>18 MEATLESS MONDAY</p> <p>WG French Bread Pizza Carrot Snack Packs Seasonal Fruit</p>	<p>19 NO LUNCH SERVICE</p>	<p>20 ITALIAN DELIGHT WW Spaghetti & Beef/Chicken Meatballs Steamed Green Beans Seasonal Fruit</p>	<p>21 AMERICAN FARE Grilled Turkey Frank on a WG Bun Baked Beans & Tater Tots Seasonal Fruit</p>	<p>22 TASTE OF ASIA Teriyaki Beef Dippers Brown Rice Steamed Broccoli Seasonal Fruit</p>
<p>25 MEATLESS MONDAY</p> <p>WG Round Personal Pizza Carrot Snack Packs Seasonal Fruit</p>	<p>26 NO LUNCH SERVICE</p>	<p>27 HOMESTYLE KITCHEN BBQ Pulled Pork Corn Muffin Steamed Green Beans Seasonal Fruit</p>	<p>28 BRUNCH FOR LUNCH Egg & Cheese Croissant-Wich Potato Wedges Honey Roasted Chickpeas Seasonal Fruit</p>	<p>29 SANDWICH STACKER Turkey & Cheese Sandwich on a WW Bun Side Caesar Salad Seasonal Fruit</p>

All below Entrée Sections Include:
Vegetable Choice,
Choice of Fruit and
Choice of Milk

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

