



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."**

Breakfast Menu Served Each Day at all Schools:

8 oz. carton of Milk (fat free chocolate, 1% white)

Fresh Fruit and 100% Fruit Juice
Bowl Pack Whole Grain Cereal
WG Muffins, Crackers, yogurt

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

Check us out on:  

And Connect on:  @quincyschoo

Monday Tuesday Wednesday Thursday Friday

		<p>1</p> 		<p>2</p> <p>All below Entrée Selections Include: <u>Vegetable Choice.</u> <u>Choice of Fruit and</u> <u>Choice of Milk</u></p>
<p>5</p> 	<p>6</p> 	<p>7</p> <p>WW Pizza Baby Carrot Snack Pack Fresh Seasonal Fruit</p> <p style="text-align: center;">V</p>	<p>8</p> <p>Tuna Fish on a WW Roll Broccoli Salad Fruit Cup</p> <p style="text-align: center;">V</p>	<p>9</p> <p>Beef Burger With Cheese on a Bun Potato Puffs Box of Raisins</p>
<p>12</p> <p>WW Pizza Stick Marinara Dipping Sauce Carrot Snack Honey Soy Nuts</p> <p style="text-align: center;">V</p>	<p>13</p> <p>NO LUNCH SERVICE</p> 	<p>14</p> <p>Diced Chicken w/ Gravy Mashed Potatoes Green Peas WG Dinner Roll</p>	<p>15</p> <p>WW French Tst Sticks Turkey Sausage Links Maple Syrup Potato Puffs Applesauce</p> <p style="text-align: center;">V</p>	<p>16</p> <p>Egg & Cheese on a Crios-sant Green Peas With Chick Peas</p> <p style="text-align: center;">V</p>
<p>19</p> <p>WG French Bread Pizza Carrot Snacks Honey Soy Nuts</p> <p style="text-align: center;">V</p>	<p>20</p> <p>NO LUNCH SERVICE</p> 	<p>21</p> <p>WW Rotini Beef & Tomato Sauce Green Beans WG Dinner Rolls</p>	<p>22</p> <p>Grilled Hot Dog on a WG Bun Baked Beans Mixed Fruit Cup</p>	<p>23</p> <p>Popcorn Chicken Roasted Sweet Potatoes Sweet & Sour Sauce WG Dinner Roll</p>
<p>26</p> <p>WG Round Personal Pizza Carrot Snacks Honey Soy Nuts</p> <p style="text-align: center;">V</p>	<p>27</p> <p>NO LUNCH SERVICE</p> 	<p>28</p> <p>Turkey Tacos w/ Cheese Corn Niblets & Red Pepper w/ Corn Tortilla Chips</p>	<p>29</p> <p>Make Your Own Meatball Sub With Tomato Sauce & Green Beans</p>	<p>30</p> <p>Chicken Fajita w/ Rice, Red Beans, Peas & WG Roll</p>

 **ALTERNATIVE LUNCH OPTIONS:** salad entree with romaine lettuce and fresh seasonal veggies, cheese stick and crackers is available W/TH/F. V S

SEPTEMBER

V = Vegetarian S = Smart Choice