



Eat Well  
Learn Well  
Live Well

Quincy School Nutrition

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

**Meal Pricing**

**Breakfast:** \$1.50 full price; \$.25 Reduced Price

**Lunch:** \$2.50 Full Price; \$.40 Reduced Price

**Milk:** \$.50

**Adult:** Breakfast \$1.75; Lunch \$3.00; Milk \$.60



Free/Reduced meal eligibility must be established each school year. If you receive a "DIRECT CERTIFICATION" letter you do not need to submit an application form. Application forms are sent home at the start of school and are available online at [www.quincypublicschools.com](http://www.quincypublicschools.com). Households may also apply online at [www.heartlandapps.com](http://www.heartlandapps.com). Meal prepayments can be made online at [www.myschoolbucks.com](http://www.myschoolbucks.com) Free and Reduced application 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."

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

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEATLESS MONDAY</b></p> <p>Pizza Sticks Marinara Dipping Sauce Side Garden Salad</p>	<p>4</p> <p>Italian Combo Flatbread Steamed Carrots Seasonal Fruit</p>	<p>5</p> <p><b>ITALIAN DELIGHT</b> WW Spaghetti &amp; Beef Meatballs, WW Dinner Roll Steamed Green Beans Seasonal Fruit</p>	<p>6</p> <p>Hot &amp; Spicy Chicken Patty On a WW Wrap Potato Fries Seasonal Fruit</p>	<p>7</p> <p><b>FIESTA FRIDAY</b> Beef Nachos w/ Shredded lettuce, Melted Cheddar Cheese, Salsa &amp; WG Tortilla Chips Corn &amp; Black Bean Salsa Seasonal Fruit</p>
<p>10</p> <p><b>MEATLESS MONDAY</b> Grilled Cheese Sandwich Tomato Soup Greek Salad w/ Feta Seasonal Fruit</p>	<p>11</p> <p><b>EARLY RELEASE</b> Deli Turkey &amp; American Cheese on a WW Pretzel Roll Tomato, Basil, &amp; Mozzarella Side Salad Seasonal Fruit</p>	<p>12</p> <p>Breaded Chicken Pieces w/ Macaroni &amp; Cheese Steamed Green Beans WW Dinner Roll Seasonal Fruit</p>	<p>13</p> <p>Beef Cheese Burger On a WW Bun Potato Fries Seasonal Fruit</p>	<p>14</p> <p><b>Good Friday</b> <b>NO SCHOOL</b></p>
<p>17 18 19 20 21</p> <p><b>Happy Spring Break</b></p>				
<p>24</p> <p><b>MEATLESS MONDAY</b> WW Stuffed Crust Pizza Side Greek Salad w/ Feta Seasonal Fruit</p>	<p>25</p> <p>Buffalo Chicken Flatbread Steamed Sweet Potato Chunks Seasonal Fruit</p>	<p>26</p> <p><b>ITALIAN DELIGHT</b> Beef Lasagna WW Dinner Roll Steamed Green Beans Seasonal Fruit</p>	<p>27</p> <p>BBQ Pulled Pork w/ Mashed Potatoes Corn Bread Steamed Peas Seasonal Fruit</p>	<p>28</p> <p><b>FIESTA FRIDAY</b> Beef Nachos w/ Shredded lettuce, Melted Cheddar Cheese, Salsa &amp; WG Tortilla Chips Corn &amp; Black Bean Salsa Seasonal Fruit</p>
<p><b>April Showers Bring May Flowers</b></p>				
<p>A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally</p> <p>Combo Lunch Choice of the day - Includes Milk, Fresh Fruit, Fruit Cup, or 100% Fruit Juice &amp; Vegetable Choice(s) of the Day</p>				
Ham/Cheese or Turkey on a WG Sub Roll or Turkey Frank on a WW Bun w/ Fries & Baked Beans	Chicken Patty Or Buffalo Chicken Patty on WG Bun	Whole Grain Pizza Wedge	Beef Burger w/wo Cheese on a WG Bun	Breaded Pollack Wedge or Tuna Fish Salad on a WG Bun or Chef Creations

**Daily Menu Offerings:**

**Fresh Off the Grill** - Hot Sandwiches: Meatball Sub, Cheeseburger, Hamburger, Chicken Patty & Hot & Spicy Chicken Patty; **Deli Station** - Fresh Made Cold Sandwiches: Ham & Cheese, Roast Beef, Tuna, Egg, & Chicken Salad; **Pizza Kitchen (QHS only)** - **Delicious Homemade Pizzas by the Slice** Including: Cheese, Pepperoni, Buffalo Chicken, Mushroom & Onion: **Fresh Salad Creations** - Variety of Fresh Made Salads with Locally Grown Vegetables When Available

V = Vegetarian  
S = Smart Choice  
P = Pork