



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; \$1.25 Reduced Price
Lunch: \$2.50 Full Price; \$2.40 Reduced Price
Milk: \$.50
Adult: Breakfast \$1.75; Lunch \$3.00; Milk \$.60

December

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. Households may also apply online at www.heartlandapps.com. Meal prepayments can be made online at 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
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<p>5 MEATLESS MONDAY V</p> <p>Grilled Cheese Sandwich Tomato Soup Carrot Snack Pack Strawberries & Whipped Topping</p>	<p>6 DEEP SOUTH COOKIN' P</p> <p>BBQ Pulled Pork Mini Corn on the Cob Corn Bread Cinnamon Apple Slices</p>	<p>7 SEAFOOD SPECIAL!</p> <p>Twin Fish Tacos on a WW Soft Shell, Cole Slaw Black bean & Corn Salsa Mixed Fruit S</p>	<p>8 HOLIDAY FEAST!</p> <p>Roasted Turkey w/ Gravy WW Dinner Roll Mashed Potatoes Corn & Carrot Medley Apple Crisp Holiday Dessert</p>	<p>9</p> <p>Texas Beef RIB-Q Sandwich Seasoned Carrot Fries Mixed Fruit S</p>
<p>12 MEATLESS MONDAY V</p> <p>Pizza Sticks w/ Marinara Dipping Sauce Carrot Snack Pack Blueberries & Whipped Topping</p>	<p>13 BRUNCH FOR LUNCH</p> <p>French Toast Sticks Egg Patty Potato Wedges Mixed Fruit</p>	<p>14 ITALIAN DELIGHT</p> <p>WW Spaghetti & Meatballs Green Beans Mixed fruit</p>	<p>15 AMERICAN FARE</p> <p>Beef Burger & Cheese On a WW Bun Steamed Broccoli Mixed Fruit</p>	<p>16 AMERICAN FARE</p> <p>Grilled Chicken Club on a WW Bun w/ Chicken Bacon, Lettuce & Tomato Side Romaine Salad Mixed Fruit</p>
<p>19 MEATLESS MONDAY V</p> <p>French Bread Pizza Carrot Snack Pack Strawberries & Whipped Topping</p>	<p>20 P</p> <p>Baked Ham Cheesy Potatoes WW Dinner Roll Steamed Broccoli Cinnamon Apple Slices</p>	<p>21 NEW MENU ITEM! NEW!</p> <p>Mexican Beef Taco Bowl W/ Shredded Iceberg Lettuce, Cheese, Cowboy Salsa Mixed Fruit</p>	<p>22 WINTER WARMER</p> <p>Homemade Beef Chili w/ Corn Bread Mixed Fruit</p>	<p>23 Chef's Choice</p>

A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally

Combo Lunch Choice of the day - Includes Milk, Fresh Fruit, Fruit Cup, or 100% Fruit Juice & Vegetable Choice(s) of the Day

Ham/Cheese or Turkey on a WG Sub Roll	Chicken Patty on a 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
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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

Garden Fresh Salad Creations - Variety of Fresh Made Salads with Locally Grown Vegetables When Available

V = Vegetarian

S = Smart Choice

P = Pork