



Eat Well  
Learn Well  
Live Well

# FEBRUARY

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; \$1.40 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>CHECK IT OUT!</b>  <b>Local Day on February 28, 2017.</b>  <b>See flyer attached</b>  <b>ALL LOCALLY GROWN ITEMS, GRASS FED, ORGANIC BEEF</b></p>	<p><b>What's for LUNCH?</b></p>	<p>1            Chicken, Broccoli &amp; Pasta Alfredo,            WW Texas Garlic Toast, Celery &amp; Carrot Sticks — Dressing Dipper,            Seasonal Fruit</p>	<p>2  <b>ITALIAN DELIGHT</b>            Spaghetti &amp; Meat Sauce            Steamed Broccoli            Seasonal Fruit</p>	<p>3  <b>SUPERBOWL PARTY</b>            Baked Breaded Chicken            (choice of BBQ or Buffalo Sauce on the side)            Potato Wedges WW Roll            Seasonal Fruit</p>
<p>6  <b>MEATLESS MONDAY</b>            WW Stuff Crust Pizza            Greek Salad w/ Feta            Seasonal Fruit</p>	<p>7            Meatball Sub w/ Marinara Sauce on a WW Bun            Steamed Green Beans            Seasonal Fruit</p>	<p>8  <b>NEW MENU ITEM</b>  <b>Winter Harvest Bowl</b>            Chicken Breast Strips            Chopped Spinach            Dried Cranberries            Roasted Sweet Potatoes            Steamed Brown Rice            Seasonal Fruit</p>	<p>9  <b>DEEP SOUTH COOKIN'</b>            Honey BBQ Pork Ribs            Steamed Corn &amp; Green Bean Medley            Cornbread <b>P</b>            Seasonal Fruit</p>	<p>10              Baked Popcorn Chicken            Mashed Potatoes,            Peas            WW Dinner Roll            Seasonal Fruit</p>
<p>13  <b>MEATLESS MONDAY</b>            WW Pizza Sticks            Marinara Dipping sauce            Side Romaine Salad            Seasonal Fruit</p>	<p>14  <b>LOVE AT FIRST DELIGHT</b>  <b>Italian Combo Panini</b>  <b>Side Caesar Salad</b>  <b>Heartzel Pretzels</b>  <b>Love potion #9 Jello w/ Whipped Topping</b>  <b>Seasonal Fruit</b></p>	<p>15  <b>MEXICAN FIESTA</b>            Turkey Taco Salad or Vegetarian (Three Bean Medley) Taco Salad, Steamed Brown Rice            Tortilla Chips topped w/ Corn &amp; Black Bean Salsa, Shredded Lettuce &amp; Shredded Cheese            Seasonal Fruit</p>	<p>16            Asian Chicken &amp; Vegetable Stir Fry            w/ WW Noodles            Seasonal Fruit</p>	<p>17  <b>SOUTHERN STYLE!</b>            Chicken &amp; Waffles,            Maple Syrup            Steamed Spinach            Seasonal Fruit</p>
<p>20    <b>MEATLESS MONDAY</b></p>	<p><b>February School Vacation Week</b></p>			<p>24  </p>
<p>27  <b>MEATLESS MONDAY</b>            Grilled Cheese Sandwich            Tomato Soup            Seasonal fruit</p>	<p>28  <b>LOCAL DAY—BURGER BAR</b>            Roasted Fresh Carrots &amp; Baked Potatoes &amp; Side Caesar Salad,            Apple Crisp Dessert</p>	<p><b>SPREAD THE WORD - Local Day is on February 28, 2017.</b>            (See flyer attached)  <b>All food served from the burger bar is LOCALLY GROWN/RAISED.</b>            Create your own delicious burger w/ all the fixings</p>		<p>            OK, Show of hands... Who's tired of snow?</p>
<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 &amp; Vegetable Choice(s) of the Day</p>				
<p>Ham/Cheese or Turkey on a WG Sub Roll or Turkey Frank on a WW Bun w/ Fries &amp; Baked Beans</p>	<p>Chicken Patty Or Buffalo Chicken Patty on WG Bun</p>	<p>Whole Grain Pizza Wedge</p>	<p>Beef Burger w/wo Cheese on a WG Bun</p>	<p>Breaded Pollack Wedge or Tuna Fish Salad on a WG Bun or Chef Creations</p>

**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