



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

January

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
<p>2 NO SCHOOL</p> <p>HAPPY NEW YEAR</p> <p>MEATLESS MONDAY</p>	<p>3 Grilled Chicken Filet</p> <p>Over a Bed of Brown Rice</p> <p>Broccoli Slaw</p> <p>Mixed Fruit</p>	<p>4 DEEP SOUTH COOKIN'</p> <p>BBQ Pulled Pork</p> <p>Peas P</p> <p>Corn Bread</p> <p>Cinnamon Apple Slices</p>	<p>5 Hot & Spicy Chicken</p> <p>On a WW Bun w/ Lettuce, Tomato & Blue Cheese Dressing</p> <p>Potato Wedges</p> <p>Mixed Fruit</p>	<p>6 NEW MENU ITEM</p> <p>Fiesta Turkey, Cheese & Rice</p> <p>Burrito w/ Corn & Black Bean Salsa</p> <p>NEW! Mixed Fruit</p>
<p>9</p> <p>WW Stuff Crust Pizza</p> <p>Greek Salad w/ Feta</p> <p>Mixed Fruit</p>	<p>10 BRUNCH FOR LUNCH</p> <p>Egg Mc-Muffin!</p> <p>Egg, Turkey Ham & American Cheese on a WW English Muffin</p> <p>School's Out!</p> <p>Steamed Green Beans</p> <p>Mixed Fruit</p>	<p>11 Bone In Teriyaki Chicken</p> <p>over a Bed of Brown Rice</p> <p>w/ Roasted Carrots</p> <p>Mixed Fruit</p>	<p>12 Wings of Fire</p> <p>oven Baked Fries</p> <p>Sweet Yellow Corn</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p>13 NEW MENU ITEM</p> <p>Grilled Chicken</p> <p>Flatbread Pizza</p> <p>Three Bean Salad</p> <p>Mixed Fruit</p>
<p>16 NO SCHOOL</p> <p>MLK Day</p> <p>MEATLESS MONDAY</p>	<p>17 Oven Roasted Chicken</p> <p>Oven baked Fries</p> <p>Steamed Carrots</p> <p>WW Dinner Roll</p> <p>Cinnamon Apple Slices</p>	<p>18 ITALIAN DELIGHT!</p> <p>Beef Lasagna</p> <p>WW Garlic Bread</p> <p>Green Beans</p> <p>Mixed Fruit</p>	<p>19 WINTER WARMER</p> <p>Savory Homemade Beef Shepard's Pie w/ WW Breadstick</p> <p>Mixed Fruit</p> <p>NEW!</p>	<p>20 Bread Chicken Fritters</p> <p>Macaroni & Cheese</p> <p>Side Caesar Salad</p> <p>Mixed Fruit</p>
<p>23</p> <p>WW Pizza Sticks Marinara</p> <p>Dipping sauce</p> <p>Side Romaine Salad</p> <p>Mixed Fruit</p> <p>MEATLESS MONDAY</p>	<p>24 BBQ Chicken & Cheddar on a 6" WW Sub Roll</p> <p>Sweet Potato Puffs</p> <p>Roasted Cinnamon Chickpeas</p> <p>Mixed Fruit</p>	<p>25 Beef American Chop Suey</p> <p>Roasted Green Beans</p> <p>WW Dinner Roll</p> <p>Mixed Fruit</p>	<p>26 Hot & Spicy Chicken Patty</p> <p>Sandwich w/ Lettuce, Tomato & Blue Cheese Dressing</p> <p>Potato Wedges</p> <p>Mixed Fruit</p>	<p>27 Turkey BLT</p> <p>on A WG Pretzel Roll</p> <p>Roasted Cinnamon Chickpeas</p> <p>Mixed Fruit</p>
<p>30</p> <p>Sal's North End Style Pizza</p> <p>Side Romaine Salad</p> <p>Mixed Fruit</p> <p>MEATLESS MONDAY</p>	<p>31 NEW MENU ITEM</p> <p>Pasta Carbonara—WW Spaghetti w/ Diced Smoked Ham and Green Peas in a Creamy Sauce</p>	<p>KEEP CALM ITS ONLY SNOW</p>	<p>SNOW SPORTS</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