



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: \$1.25 full price; \$.25 Reduced Price
Lunch: \$3.00 Full Price; \$.40 Reduced Price
Milk: \$.50
Adult: Breakfast \$1.75; Lunch \$3.50; 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
1 NO SCHOOL 	2 PANINI PRESS Philly Cheesesteak Panini Steamed Green Beans Seasonal Fruit P	3 BAKED POTATO BAR! Broccoli, Cheddar Cheese Sauce, Sour Cream, & (Chicken) Bacon Tomato & Cucumber Salad Texas Style Toast Seasonal Fruit	4 AMERICAN FARE Hot & Spicy Chicken Wrap w/ Lettuce, Tomato Potato Wedges Seasonal Fruit	5 FIESTA FRIDAY Burrito Bowl: Mexican Seasoned Chicken or Turkey, Steamed Brown Rice, Salsa, Corn, Black Beans, Shredded Cheese, and Tortilla Chips Seasonal Fruit
8 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Broccoli & Craisin Salad Seasonal Fruit	9 BRUNCH FOR LUNCH WW Pancakes w/ Maple Syrup w/ Turkey Sausage Sweet Potato Tots Seasonal Fruit	10 GRAIN BOWL Grilled Chicken Filet over Quinoa, Spinach, Feta & Craisins Oven Baked Fries Seasonal Fruit	11 HOMESTYLE KITCHEN American Chop Suey Steamed Zucchini Seasonal Fruit	12 TASTE OF ASIA Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley BONUS: Fortune Cookie Side of a Three Bean Medley Seasonal Fruit
15 	16 INDIAN SPICE Tandoori Chicken Over Steamed Brown Rice Steamed Carrots Seasonal Fruit	17 ITALIAN DELIGHT Beef/Chicken Meatballs on a WW Sub Roll Steamed Green Beans Seasonal Fruit	18 AMERICAN KITCHEN Roast Turkey Mashed Potatoes Steamed Peas Seasonal Fruit	19 FIESTA FRIDAY Burrito Bowl! Mexican Seasoned Turkey or Chicken, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips Seasonal Fruit
22 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Romaine Garden Salad Seasonal Fruit	23 BRUNCH FOR LUNCH Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit P	24 WILD CARD Barbeque Beef Rib on French Roll with American Cheese Steamed Green Beans Seasonal Fruit	25 SOUTHERN COOKIN' Oven Baked BBQ Chicken Corn Bread Corn & Peas Medley Seasonal Fruit	26 TASTE OF ASIA Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley BONUS: Fortune Cookie Side of a Three Bean Medley Seasonal Fruit
29 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Caesar Salad	30 MEDITERRANEAN MEDLEY Grilled chicken, Sautéed Peppers & Feta Cheese on a WW Flatbread w/ a Tomato & Cucumber Salad Seasonal Fruit	31 ITALIAN DELIGHT Pasta Carbonara WW Spaghetti w/ Smoked Ham and Green Peas in a Creamy Sauce Side Romaine Salad		

Deli Bar: Turkey & Cheese, Ham & Cheese, Roast Beef & Cheese, Italian Sub, Tuna Salad, Chicken Salad

Hot Sandwich Bar: Beef Burger, Cheese Burger, Chicken Patty, Hot & Spicy Chicken Patty, Meatball Sub

Pizza Bar (Offered M/W/F): Cheese, Pepperoni & Specials

Freshly Prepared Salads: Garden Salad w/ a choice of Tuna Salad or Feta Cheese Or Chef Salad that includes deli Turkey, Ham and American Cheese

Garden Fresh Salad Bar: Don't forget to stop by the salad bar to enjoy 5 different vegetables that meet with USDA requirements: Leafy Greens, Red/Orange Veggies, Starchy, Beans, and More!

All Meals include milk, fresh fruit or fruit cup or 100% fruit juice and vegetable choice(s) of the day.

V =Vegetarian S =Smart Choice P =Pork