



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; \$2.25 Reduced Price**

**Lunch: \$2.50 Full Price; \$4.00 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."**

# November

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

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Baked Breaded Chicken Tenderloin Mashed Potatoes & Peas WW Dinner Roll Fresh Fruit Variety	2 <b>NEW MENU ITEM!</b> Teriyaki Beef & Vegetable Medley Sauté Over a Bed of Brown Rice WW Dinner Roll Fresh Fruit Variety	3 <b>MEXICAN FIESTA!</b> Grilled Chicken Strips Cheese, Salsa, Lettuce & Tomato, WG Tortilla Chips, Spanish Rice & Mexican Bean Salad Fresh Fruit Variety	4 <b>NEW MENU ITEM!!</b> Philly Cheese Steak on a WW Sub Roasted Garlic Cauliflower Fresh Fruit Variety	
7 Grilled Cheese Sandwich Chicken Noodle Soup Garden Salad Fresh Fruit Variety	8 <b>ELECTION DAY!</b> <b>NO SCHOOL</b> 	9 <b>BACK BY POPULAR DEMAND!</b> <b>SOUTHERN STYLE!</b> Chicken & Waffles w/ Maple Syrup Peas & Corn Medley Fresh Fruit Variety	10 <b>THANKSGIVING FEAST</b> Roast Turkey & Gravy, Mashed Potatoes, WW Dinner Roll, Butternut Squash Fresh Fruit Variety <b>DON'T FORGET TO GIVE THANKS!</b>	11 <b>NO SCHOOL!</b> 
<b>MEATLESS MONDAY</b> 14 WW Pizza Sticks w/ Marinara Dipping Sauce Greek Salad with Feta Fresh Fruit Variety <b>V</b>	15 <b>HALF DAY - BRUNCH FOR LUNCH</b> Turkey Sausage, Egg & Cheese on a WW Croissant Tomato & Chickpea Salad Fresh Fruit Variety	16 Macaroni & Cheese w/ Breaded Chicken (Buffalo optional) Steamed Broccoli Fresh Fruit Variety	17 <b>MEXICAN FIESTA!</b> Chicken Fajita, WW Tortilla Spanish Rice, Red Beans, Tomato Salsa, & Corn, Fresh Fruit Variety	18 <b>ITALIAN DELIGHT!</b> Italian Sub on a WW Roll (Lettuce/Tomato Optional) Carrot and Celery Dressing Dippers, Fresh Fruit Variety <b>P</b>
<b>MEATLESS MONDAY</b> 21 French Bread Pizza, Caesar Salad Fresh Fruit Variety	22 Breaded Chicken Patty with Sidewinder Fries on a Soft WW Pretzel Bun Fresh Fruit Variety <b>NEW!</b>	23 <b>HALF DAY</b> <b>NO LUNCH</b> 	24 <b>Thanksgiving Break</b> <b>No School</b> 	
<b>MEATLESS MONDAY</b> 28 WG Round Cheese Pizza Romaine Salad with Chick peas Fresh Fruit Variety <b>V</b>	29 <b>NEW MENU ITEM!</b> <b>MEDITERRANEAN PLATTER</b> Glazed Chicken Drumsticks, <b>S</b> Hummus, Greek Salad, WW Pita Bread Fresh Fruit Variety <b>NEW!</b>	30 <b>WINTER WARMER</b> Savory Homemade Shepard's Pie with Corn Bread, Steamed Green Beans Fresh Fruit Variety	Check us out on:   And Connect on: <b>@quincyschoolnutrition</b> 	
<b>A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally</b>				
<b>Combo Lunch Choice of the day - Includes Milk, Fresh Fruit, Fruit Cup, or 100% Fruit Juice &amp; Vegetable Choice(s) of the Day</b>				
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

**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