



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

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 MEATLESS MONDAY</p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup, Celery & Carrot Dippers</p> <p>Fresh Fruit Variety</p>	<p>4</p> <p>Baked Popcorn Chicken</p> <p>Mashed Potatoes,</p> <p>Peas</p> <p>WW Dinner Roll</p> <p>Fresh Fruit Variety</p>	<p>5</p> <p>Deli Turkey Breast on a WG Bun—Lettuce, & Tomato, Fresh Carrot Sticks</p> <p>Potato Wedges,</p> <p>Fresh Fruit Variety</p>	<p>6 MEXICAN FIESTA!</p> <p>Grilled Chicken Strips w/ Cheese, Salsa, Lettuce & Tomato, WG Tortilla Chips, Spanish Rice & Mexican Bean Salad</p> <p>Fresh Fruit Variety</p>	<p>7 NEW MENU ITEM!</p> <p>Italian Sampler! 3 Meatballs, 2 Cheesy Bread Sticks</p> <p>w/ Marinara Dipping Sauce</p> <p>Caesar Salad NEW!</p> <p>Fresh Fruit Variety</p>
<p>10 NO SCHOOL</p> <p>COLUMBUS DAY</p>	<p>11</p> <p>Bread Fish Sticks</p> <p>Oven Fry Potatoes</p> <p>WW Dinner Roll</p> <p>Fresh Fruit Variety</p>	<p>12 NEW MENU ITEM!</p> <p>SOUTHERN STYLE!</p> <p>Chicken & Waffles, Maple Syrup</p> <p>Side Salad NEW!</p> <p>Fresh Fruit Variety</p>	<p>13 NEW MENU ITEM!</p> <p>Asian Chicken & Vegetable Stir Fry, Steamed Broccoli</p> <p>Fresh Fruit Variety</p> <p>NEW!</p>	<p>14</p> <p>Hot & Spicy Chicken Wrap</p> <p>w/ Lettuce, Tomato & Blue Cheese Dressing on WW Tortilla, Chick-pea Salad, Fresh Fruit Variety</p>
<p>17 MEATLESS MONDAY</p> <p>WW Pizza Sticks Marinara Dipping sauce</p> <p>Romaine Tossed Salad w/ Feta, Fresh Fruit Variety</p>	<p>18 NEW MENU ITEM!</p> <p>Chicken Wings of Fire, Side-winder Fries</p> <p>Side Caesar Salad NEW!</p> <p>Fresh Fruit Variety</p>	<p>19 NEW MENU ITEM!</p> <p>Macaroni & Cheese or Buffalo Chicken Macaroni & Cheese w/ Tomato, Mozzarella Basil Salad NEW!</p> <p>Fresh Fruit Variety</p>	<p>20 MEXICAN FIESTA!</p> <p>Chicken Fajita, WW Tortilla w/ Spanish Rice, Red Beans, Tomato Salsa, & Corn,</p> <p>Fresh Fruit Variety</p>	<p>21 ITALIAN DELIGHT!</p> <p>Chicken & Broccoli</p> <p>Alfredo, Garlic Bread</p> <p>Red Pepper Strips—Dressing Dipper, Fresh Fruit Variety</p>
<p>24 MEATLESS MONDAY</p> <p>WW Pizza Wedge</p> <p>Greek Salad w/ Romaine Lettuce, Feta Cheese, Tomato, Cucumber & Chick Peas,</p> <p>Fresh Fruit Variety</p>	<p>25</p> <p>Chicken Breast Filet On a Jr Sub Roll</p> <p>Carrot Salad, Potato Wedges</p> <p>Fresh Fruit Variety</p>	<p>26 MEXICAN FIESTA!</p> <p>Chicken & Cheese Quesadilla</p> <p>Brown Rice & Mexican Bean Salad</p> <p>Fresh Fruit Variety</p>	<p>27</p> <p>Boneless Chicken Tenders</p> <p>WW Pasta Salad w/ Zucchini, Cherry Tomatoes, & Green Beans, WG Dinner Rolls,</p> <p>Fresh Fruit Variety</p>	<p>28</p> <p>Beef Meatballs w/ Tomato Sauce on a WW Sub Roll</p> <p>Carrot/Celery Sticks</p> <p>Fresh Fruit Variety</p>
<p>31 HALLOWEEN! MEATLESS MONDAY</p> <p>Sal's North End Style Pizza, Romaine Tossed Salad -Tomato & Cukes, Fresh Fruit Variety</p>				<p>Check us out on:</p>

Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Available Daily: Apple, Orange, Pears, Bananas, Peach, Watermelon, Pineapple, Strawberry, Blueberry, Applesauce, Carrots, Celery, Tomato, Leafy Greens, Red & Green Peppers, Green Beans, Broccoli, Corn, Peas, Black, Garbanzo, Kidney, & White Beans

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 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 Salad with Locally Grown Vegetables When Available