



# SEPTEMBER

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

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
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4 	5 <b>LAST DAY OF SUMMER VACATION!</b> 	6 <b>FIRST DAY !!!!</b> Cheese Pizza Garden Salad Seasonal Fruit	7 <b>AMERICAN FARE</b> BBQ Beef Ribs Potato Puffs Corn Muffin Seasonal Fruit	8 <b>FIESTA FRIDAY</b> Burrito Bowl! Mexican Seasoned Beef or Turkey, or Chicken, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips Seasonal Fruit
11 <b>CALZONE MONDAY</b> Homemade Cheese or Pepperoni Calzone Romaine Garden Salad Seasonal Fruit	12 <b>BRUNCH FOR LUNCH</b> Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit	13 <b>PANINI PRESS</b> Philly Cheesesteak Panini Steamed Green Beans Seasonal Fruit	14 <b>SOUTHERN COOKIN'</b> Breaded Chicken & WW Waffles Oven Baked Fries Seasonal Fruit	15 <b>TASTE OF ASIA</b> Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley <b>BONUS: Fortune Cookie</b> Side of a Three Bean Medley Seasonal Fruit
18 <b>CALZONE MONDAY</b> Homemade Cheese or Pepperoni Calzone Caesar Salad Seasonal Fruit	19 <b>Build Your On... BAKED POTATO BAR!</b> Broccoli, Cheddar Cheese Sauce, Sour Cream, & (Chicken) Bacon Tomato & Cucumber Salad Texas Style Toasts Seasonal Fruit	20 <b>ITALIAN DELIGHT</b> Pepperoni & Cheese Calzone Steamed Green Beans Seasonal Fruit	21 <b>AMERICAN FARE</b> Chicken Breast Filet w/ Lettuce, Tomato & Mayo On a WW Jr Sun Roll Potato Wedges Seasonal Fruit	22 <b>FIESTA FRIDAY</b> Burrito Bowl! Mexican Seasoned Beef or Turkey, or Chicken, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips Seasonal Fruit
25 <b>CALZONE MONDAY</b> Homemade Cheese or Pepperoni Calzone Spinach Garden Salad Seasonal Fruit	26 <b>BRUNCH FOR LUNCH</b> Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit	27 <b>WILD CARD</b> Cajun Chicken Wings & Drumsticks w/ Spanish Rice Celery Sticks with Dressing Dipper Seasonal Fruit	28 <b>SOUTHERN COOKIN'</b> BBQ Pork Rib on a WG Bun Steamed Corn Seasonal Fruit	29 <b>TASTE OF ASIA</b> Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley <b>BONUS: Fortune Cookie</b> Side of a Three Bean Medley
<b>Deli Bar:</b> Turkey & Cheese, Ham & Cheese, Roast Beef & Cheese, Italian Sub, Tuna Salad, Chicken Salad <b>Hot Sandwich Bar:</b> Beef Burger, Cheese Burger, Chicken Patty, Hot & Spicy Chicken Patty, Meatball Sub				
<b>Pizza Bar (Offered M/W/F):</b> Cheese, Pepperoni & Specials				
<b>Freshly Prepared Salads:</b> Garden Salad w/ a choice of Tuna Salad or Feta Cheese Or Chef Salad that includes deli Turkey, Ham and American Cheese <b>Garden Fresh Salad Bar:</b> 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.				