



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

Breakfast Menu Served Each Day at all Schools:
8 oz. carton of Milk (fat free chocolate, 1% white); Fresh Fruit and 100% Fruit Juice; Bowl Pack Whole Grain Cereal; WG Muffins, Crackers, yogurt

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

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."**

SEPTEMBER

HIGH SCHOOL LUNCH MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk



5 	6 	7 WW Cheese Pizza Three Bean Salad Corn Niblets	8 Chicken Breast Filet On a Jr Sun Roll Carrot Salad Potato Wedges	9 Romaine Caesar Salad w/ Spicy Chicken & Chick Peas Parmesan Cheese & WW Tortilla
12 WW Pizza Sticks Marinara Dipping sauce Romaine Tossed Salad Feta Cheese	13 BBQ Beef Rib on a MG Roll Steamed Broccoli Oven Fry Potatoes	14 Deli Turkey Breast on a WG Bun—Lettuce,& Tomato, fresh broccoli Salad & Potato Wedges	15 Chicken Fajita WW Tortilla w/ Spanish Rice, Red Beans, Tomato Salsa, & Corn Niblets	16 Colby Cheese Omelet On a Croissant Peas and Carrot Oven Fry Potatoes
19 WW Pizza Wedge Greek Salad w/ Romaine Lettuce, Feta Cheese, Tomato, Cukes, and Chick Peas	20 Turkey Taco w/ Cheese, Salsa, Lettuce & Tomato WG Tortilla Chips, Spanish Rice & Beans, Cabbage/Carrot Slaw	21 Cheeseburger on a WW Bun Oven Fry Potatoes Watermelon Slices	22 WW Pasta Salad w/ Zucchini, Cherry Tomatoes, & Broccoli Florets Boneless Chicken Tenders WG Dinner Rolls	23 Beef Meatballs w/ Tomato Sauce on a WW Sub Roll Green Beans, Carrot/Celery Sticks
26 Sal's North End Style Pizza Romaine Tossed Salad w/ Tomato & Cukes	27 Grilled Hot Dog on a Bun, Baked Beans & Cabbage/Carrot Slaw	28 Baked Potato w/ Broccoli & Cheese Sauce, Popcorn Chicken & a WW Dinner Roll	29 WW Pasta w/ Ground Beef & Tomato Sauce, Green Beans Breaded Cheese Stick	30 Diced Chicken w/ Gravy Mashed Potatoes, Green Beans, WW Dinner Roll Cranberry Sauce

Combo Lunch Choice of the day (below) include milk, fresh fruit or fruit cup or 100% fruit juice and 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
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Check us out on: And Connect on: @quincyschoolnutrition

A selection of fresh made sandwiches are available daily—meatball, turkey, ham and cheese, roast beef and tuna, chicken and egg salad.