



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: \$2.50 Full Price; \$.40 Reduced Price**  
**Milk: \$.50**  
**Adult: Breakfast \$1.75; Lunch \$3.00; Milk \$.60**

# December

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

## MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 <b>MEATLESS MONDAY</b> <span style="color: green;">V</span> Grilled Cheese Sandwich Tomato Soup Carrot Snack Pack Strawberries & Whipped Topping	6 <b>DEEP SOUTH COOKIN'</b> <span style="color: blue;">P</span> BBQ Pulled Pork Mini Corn on the Cob Corn Bread Cinnamon Apple Slices	7 <b>SEAFOOD SPECIAL!</b> <span style="color: red;">NEW!</span> Twin Fish Tacos on a <span style="color: red;">S</span> WW Soft Shell, Cole Slaw Black bean and corn Salsa Mixed Fruit	8 <b>HOLIDAY FEAST!</b> Roasted Turkey w/ Gravy WW Dinner Roll Corn & Carrot Medley Apple Crisp Holiday Dessert	9 Grilled Chicken Breast Over Caesar Salad WW Pita Bread Mixed Fruit <span style="color: red;">S</span>
12 <b>MEATLESS MONDAY</b> <span style="color: green;">V</span> Pizza Sticks w/ Marinara Dipping Sauce Carrot Snack Pack Blueberries & Whipped Topping	13 <b>BRUNCH FOR LUNCH</b> French Toast Sticks Egg Patty Potato Wedges Mixed Fruit	14 <b>ITALIAN DELIGHT</b> WW Spaghetti & Meatballs Green Beans Mixed Fruit	15 <b>AMERICAN FARE</b> Beef Burger & Cheese On a WW Bun Steamed Broccoli Mixed Fruit	16 <b>AMERICAN FARE</b> Grilled Chicken Breast Filet on a WW Bun w/Chicken Bacon, Lettuce & Tomato Side Romaine Salad Mixed Fruit
19 <b>MEATLESS MONDAY</b> <span style="color: green;">V</span> French Bread Pizza Carrot Snack Pack Strawberries & Whipped Topping	20 Baked Ham Cheesy Potatoes WW Dinner Roll Steamed Broccoli Cinnamon Apple Slices	21 <b>NEW MENU ITEM!</b> <span style="color: red;">NEW!</span> Mexican Beef Taco Bowl W/ Shredded Iceberg Lettuce, Cheese, Cowboy Salsa Mixed Fruit	22 Chicken Salad Sub On a WW Jr. Sub Roll w/ Potato Wedges <span style="color: red;">S</span>	23 <b>Chef's Choice</b>
26 	<b>WINTER BREAK</b> 		29 	30/31 
<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

A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally

V = Vegetarian  
S = Smart Choice  
P = Pork

V S