



Eat Well  
Learn Well  
Live Well

# FEBRUARY

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**

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
<p><b>CHECK IT OUT!</b>  <b>Local Day on February 28, 2017.</b>  <b>See flyer attached</b>  <b>ALL LOCALLY GROWN ITEMS, GRASS FED, ORGANIC BEEF</b></p>	<p><b>What's for Lunch?</b></p>	<p>1            Chicken, Broccoli &amp; Pasta Alfredo,            WW Texas Garlic Toast, Celery &amp; Carrot Sticks —Dressing Dipper,            Seasonal Fruit</p>	<p>2  <b>ITALIAN DELIGHT</b>            Spaghetti &amp; Meat Sauce            Steamed Broccoli            Seasonal Fruit</p>	<p>3  <b>SUPERBOWL PARTY</b>            Baked Breaded Chicken            (choice of BBQ or Buffalo Sauce on the side)            Potato Wedges WW Roll            Seasonal Fruit</p>
<p>6  <b>MEATLESS MONDAY</b>            WW Stuff Crust Pizza            Greek Salad w/ Feta            Seasonal Fruit</p>	<p>7            Meatball Sub w/ Marinara Sauce on a WW Bun            Steamed Green Beans            Seasonal Fruit</p>	<p>8  <b>NEW MENU ITEM</b>  <b>Winter Harvest Bowl</b>            Chicken Breast Strips            Chopped Spinach            Dried Cranberries            Roasted Sweet Potatoes            Steamed Brown Rice            Seasonal Fruit</p>	<p>9  <b>DEEP SOUTH COOKIN'</b>            Honey BBQ Pork Ribs            Steamed Corn &amp; Green Bean Medley            Cornbread <b>P</b>            Seasonal Fruit</p>	<p>10              Baked Popcorn Chicken            Mashed Potatoes,            Peas            WW Dinner Roll            Seasonal Fruit</p>
<p>13  <b>MEATLESS MONDAY</b>            WW Pizza Sticks            Marinara Dipping sauce            Side Romaine Salad            Seasonal Fruit</p>	<p>14  <b>LOVE AT FIRST DELIGHT</b>  <b>Italian Combo Panini</b>  <b>Side Caesar Salad</b>  <b>Heartzel Pretzels</b>  <b>Love potion #9 Jello w/ Whipped Topping</b>  <b>Seasonal Fruit</b> <b>P</b></p>	<p>15  <b>MEXICAN FIESTA</b>            Turkey Taco Salad or Vegetarian (Three Bean Medley) Taco Salad, Steamed Brown Rice            Tortilla chips topped with Corn &amp; Black Bean Salsa, Shredded Lettuce &amp; Shredded Cheese            Seasonal Fruit <b>V</b></p>	<p>16            Asian Chicken &amp; Vegetable Stir Fry            w/ WW Noodles            Seasonal Fruit</p>	<p>17  <b>SOUTHERN STYLE!</b>            Chicken &amp; Waffles,            Maple Syrup            Steamed Spinach            Seasonal Fruit</p>
<p>20    <b>MEATLESS MONDAY</b></p>	<p><b>February School Vacation Week</b></p>			<p>24  </p>
<p>27            Grilled Cheese Sandwich            Tomato Soup            Seasonal fruit</p>	<p>28  <b>LOCAL DAY—BURGER BAR</b>            Roasted Fresh Carrots &amp; Baked Potatoes &amp; Side Caesar Salad,            Apple Crisp Dessert</p>	<p><b>SPREAD THE WORD - Local Day is on February 28, 2017.</b>            (See flyer attached)  <b>All food served from the burger bar is LOCALLY GROWN/RAISED.</b>            Create your own delicious burger w/ all the fixings</p>		<p>            OK, Show of hands... Who's tired of snow?</p>
<p>A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally</p>				
<p>Combo Lunch Choice of the day - Includes Milk, Fresh Fruit, Fruit Cup, or 100% Fruit Juice &amp; Vegetable Choice(s) of the Day</p>				
<p>Ham/Cheese or Turkey on a WG Sub Roll or Turkey Frank on a WW Bun w/ Fries &amp; Baked Beans</p>	<p>Chicken Patty Or Buffalo Chicken Patty on WG Bun</p>	<p>Whole Grain Pizza Wedge</p>	<p>Beef Burger w/wo Cheese on a WG Bun</p>	<p>Breaded Pollack Wedge or Tuna Fish Salad on a WG Bun or Chef Creations</p>

**Daily Menu Offerings:**  
**Fresh Off the Grill - Hot Sandwiches: Meatball Sub, Cheeseburger, Hamburger, Chicken Patty & Hot & Spicy Chicken Patty**

**V** = Vegetarian  
**S** = Smart Choice  
**P** = Pork