



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: \$2.75 Full Price; \$.40 Reduced Price**  
**Milk: \$.50**  
**Adult: Breakfast \$1.75; Lunch \$3.00; Milk \$.60**

# January

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>1 <b>NO SCHOOL</b></p> 	<p>2 <b>PANINI PRESS</b></p> <p>Philly Cheesesteak Panini Steamed Green Beans Seasonal Fruit</p> <p style="text-align: right;">P</p>	<p>3 <b>BAKED POTATO BAR!</b></p> <p>Broccoli, Cheddar Cheese Sauce, Sour Cream, &amp; (Chicken) Bacon Tomato &amp; Cucumber Salad Texas Style Toast Seasonal Fruit</p>	<p>4 <b>AMERICAN FARE</b></p> <p>Hot &amp; Spicy Chicken Wrap w/ Lettuce, Tomato Potato Wedges Seasonal Fruit</p>	<p>5 <b>TASTE OF ASIA</b></p> <p>Korean BBQ Grilled Chicken Strips Brown Rice, Vegetable Medley Three Bean Medley <b>BONUS: Fortune Cookie</b> Seasonal Fruit</p>
<p>8 <b>PIZZA MONDAY</b></p> <p>Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Hawaiian Pizza Spinach Garden Salad Seasonal Fruit</p>	<p>9 <b>BRUNCH FOR LUNCH</b></p> <p>WW Pancakes w/ Maple Syrup w/ Turkey Sausage Roasted Sweet Potatoes  Seasonal Fruit</p>	<p>10 <b>GRAIN BOWL</b></p> <p>Grilled Chicken Filet over Quinoa, Spinach, Feta &amp; Craisins Oven Baked Fries Seasonal Fruit</p>	<p>11 <b>HOMESTYLE KITCHEN</b></p> <p>American Chop Suey Steamed Zucchini Seasonal Fruit</p>	<p>12 <b>MEXICAN FIESTA</b></p> <p>Turkey Taco Nachos Corn, Black Beans, Salsa Cheddar Cheese Sauce WW Tortillas Seasonal Fruit</p>
<p>15 <b>MLK Day</b></p> 	<p>16 <b>INDIAN SPICE</b></p> <p>Tandoori Chicken Over Steamed Brown Rice Steamed Carrots Seasonal Fruit</p>	<p>17 <b>ITALIAN DELIGHT</b></p> <p>Beef/Chicken Meatballs on a WW Sub Roll Steamed Green Beans Seasonal Fruit</p>	<p>18 <b>AMERICAN FARE</b></p> <p>Roast Turkey Mashed Potatoes Steamed Green Peas</p>	<p>19 <b>SANDWICH STACKER</b></p> <p>Grilled Chicken w/ Chicken Bacon Club On a WW Pretzel Roll Three Bean Medley Seasonal Fruit</p>
<p>22 <b>PIZZA MONDAY</b></p> <p>Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Green Peppers &amp; Onions Greek Salad Seasonal Fruit</p>	<p>23 <b>BRUNCH FOR LUNCH</b></p> <p>Egg, Ham &amp; Cheese Croissant-Wich  Sweet Potato Tots Seasonal Fruit</p>	<p>24 <b>WILD CARD</b></p> <p>Barbeque Beef Rib on French Roll with American Cheese Steamed Green Beans Seasonal Fruit</p>	<p>25 <b>SOUTHERN COOKIN'</b></p> <p>Oven Baked BBQ Chicken Corn Bread Corn &amp; Peas Medley Seasonal Fruit</p>	<p>26 <b>MEXICAN FIESTA</b></p> <p>Chicken or Turkey Burrito Bowl Corn, Black Beans, Salsa Shredded Cheese Steamed Brown Rice Seasonal Fruit</p>
<p>29 <b>CALZONE MONDAY</b></p> <p>Homemade Cheese or Pepperoni Calzone Broccoli &amp; Craisin Salad Ham/Cheese or Turkey on a WG Sub Roll or a Turkey Frank on a WW Bun</p>	<p>30 <b>MEDITERRANEAN MEDLEY</b></p> <p>Grilled chicken, Sautéed Peppers &amp; Feta Cheese on a WW Flatbread w/ a Tomato &amp; Cucumber Salad Chicken Patty on a WG Bun</p>	<p>31 <b>ITALIAN DELIGHT</b></p> <p>Pasta Carbonara WW Spaghetti w/ Smoked Ham and Green Peas in a Creamy Sauce Whole Grain Pizza Wedge</p>	<p><b>SNOW SPORTS</b></p>  <p>Beef Burger w/wo Cheese on a WG Bun Breaded Pollack Wedge on a WG Bun or Tuna Salad on a WG Sub Roll</p>	

**Freshly Prepared Salads:** Garden Salad w/ a choice of Tuna Salad or Feta Cheese Or Chef Salad that includes deli Turkey, Ham and American Cheese

**Garden Fresh Salad Bar:** 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.