



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: \$1.50 full price; \$.25 Reduced Price**

**Lunch: \$2.50 Full Price; \$.40 Reduced Price**

**Milk: \$.50**






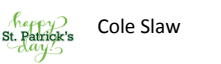




**Adult: Breakfast \$1.75; Lunch \$3.00; Milk \$.60**



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](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
  WW Pizza Sticks Marinara Dipping sauce Side Garden Salad Three Bean Medley Seasonal Fruit	 7 Honey Glazed Chicken Drumsticks Roasted Carrots WW Dinner Roll Seasonal Fruit	1 Macaroni & Cheese Steamed Green Beans WW Dinner Roll Seasonal Fruit	2 Bone-In BBQ Chicken Mashed Potatoes Peas WW Dinner Roll Seasonal Fruit	3 Steak & Cheese on a Jr. Sub Roll Roasted Garlic Chickpeas Sweet Potato Fries Seasonal Fruit
 13 Grilled Cheese Sandwich Tomato Soup Side Caesar Salad Seasonal fruit	 14 <b>EARLY RELEASE</b> <b>BRUNCH FOR LUNCH</b> Scrambled Eggs, Turkey Sausage, Potato Wedges WW Croissant Seasonal Fruit	15 Beef Meatball on a Jr. Sub Steamed Green Beans Seasonal Fruit	16 Grilled Chicken Filet Over a Caesar Salad WW Breadsticks Seasonal Fruit	 17 <b>LUCK O' THE IRISH</b> Pastrami On a WW Bulkie Roll Three Bean Medley Cole Slaw Seasonal Fruit
 20 WW Stuff Crust Pizza Side Greek Salad w/ Feta Seasonal Fruit	21 Bone -In Teriyaki Glazed Chicken Roasted Green Beans WW Dinner Roll	22 Chicken & Pasta Dish Steamed Broccoli WW Texas Garlic Toast Seasonal Fruit	23 Asian Chicken & Vegetable Stir Fry (Pepper/ Onions) w/ WW Noodles Seasonal Fruit	24 Macaroni and Cheese Peas WW Dinner Roll Seasonal Fruit
 27 Sal's North End Style Pizza Side Garden Salad Seasonal Fruit	 28 <b>EARLY RELEASE</b> Turkey BLT on A WG Pretzel Roll, Potato Wedges Roasted Garlic Chickpeas Seasonal Fruit	29 Honey Glazed Chicken Drumstick Roasted Carrots WW Dinner Roll	30 Beef American Chop Suey Steamed Broccoli WW Dinner Roll Seasonal Fruit	 31 <b>WINTER WARMER</b> Homemade Shepard's Pie Corn Bread, Steamed Green Beans Seasonal Fruit

A Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Will Be Available Seasonally  
 Combo Lunch Choice of the day - Includes Milk, Fresh Fruit, Fruit Cup, or 100% Fruit Juice & Vegetable Choice(s) of the Day

Ham/Cheese or Turkey on a WG Sub Roll or Turkey Frank on a WW Bun w/ Fries & Baked Beans	Chicken Patty Or Buffalo Chicken Patty on 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 or Chef Creations
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**Daily Menu Offerings:**

**Fresh Salad Creations** - Variety of Fresh Made Salads with Locally Grown Vegetables When Available

 = Vegetarian  
 = Smart Choice  
 = Pork