



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; \$0.25 Reduced Price
Lunch: \$2.50 Full Price; \$1.40 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."

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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATLESS MONDAY Pizza Sticks Marinara Dipping Sauce Side Garden Salad	2 Italian Combo Flatbread Steamed Carrots Seasonal Fruit	3 NEW MENU ITEM Chicken Cordon Bleu Sandwich Onion Rings Seasonal Fruit	4 Roast Beef & Cheese On a JR Sub Roll Baked Potato Wedges Seasonal Fruit	5 FIESTA FRIDAY Fajita Chicken w/ Shredded lettuce, Melted Cheddar Cheese, Salsa & WG Tortilla Chips, Corn & Black Bean Salsa Seasonal Fruit
MEATLESS MONDAY 8 Stuffed Crust Pizza Greek Salad w/ Feta Seasonal Fruit	9 EARLY RELEASE Egg, (Chicken) Bacon, & Cheese On a WW Croissant Sweet Potato Puffs Seasonal Fruit	10 NEW MENU ITEM Breaded Chicken & Waffles w/ Syrup Steamed Green Beans Seasonal Fruit	11 NEW MENU ITEM California Turkey Wrap (Deli Turkey, Lettuce, Tomato, Avocado & Ranch Dressing) Potato Fries Seasonal Fruit	12 FIESTA FRIDAY Hot & Spicy Chicken Patty on A WW Bun Broccoli Slaw Seasonal Fruit
MEATLESS MONDAY 15 WW French Bread Pizza Caesar Salad Season Fruit	16 Buffalo Chicken Mac & Cheese Carrot Fries Seasonal Fruit	17 NEW MENU ITEM Mini Raviolis Texas Garlic Toast Steamed Green Beans Seasonal Fruit	18 Oven Roasted BBQ Chicken w/ Oven Baked Fries WW Dinner Roll Blueberries or Strawberries w/ Whipped Cream	19 Turkey BLT On a WG Pretzel Bun Garlic Roasted Chickpeas Seasonal Fruit
MEATLESS MONDAY 22 Big Daddy's Cheese Pizza Side Greek Salad w/ Feta Seasonal Fruit	23 EARLY RELEASE Chicken Salad on a JR. Sub Roll Steamed Sweet Potato Chunks Seasonal Fruit	24 FLAVORS OF GREECE Chicken, Tomato & Feta Flatbread Celery Dippers Seasonal Fruit	25 Turkey Pot Roast w/ Gravy, Mashed Potatoes Corn Bread & Steamed Peas Seasonal Fruit	26 FIESTA FRIDAY Chicken Quesadilla on a WW Tortilla Wrap, Shredded Lettuce, Melted Cheddar Cheese, Salsa Corn & Black Bean Salsa Seasonal Fruit
29 NO SCHOOL MEMORIAL DAY	30 Deli Turkey & American Cheese on a WW Pretzel Roll Tomato, Basil, & Mozzarella Side Salad Seasonal Fruit	31 ITALIAN DELIGHT Beef Meatballs Sub 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 Off the Grill - Hot Sandwiches: Meatball Sub, Cheeseburger, Hamburger, Chicken Patty & Hot & Spicy Chicken Patty

= Vegetarian
 = Smart Choice
 = Pork