



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

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."**

November

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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Baked Breaded Chicken Tenderloin Mashed Potatoes, Peas, WW Dinner Roll Fresh Fruit Variety	2 NEW MENU ITEM! Teriyaki Beef & Vegetable Medley Sauté Over a Bed of Brown Rice WW Dinner Roll Fresh Fruit Variety	3 MEXICAN FIESTA! Grilled Chicken Strips w/ Cheese, Salsa, Lettuce & Tomato, WG Tortilla Chips, Spanish Rice & Mexican Bean Salad Fresh Fruit Variety	4 NEW MENU ITEM! Philly Cheese Steak on a WW Sub Roasted Garlic Cauliflower Fresh Fruit Variety	
7 Grilled Cheese Sandwich Chicken Noodle Soup Garden Salad Fresh Fruit Variety	8 ELECTION DAY! NO SCHOOL 	9 BACK BY POPULAR DEMAND SOUTHERN STYLE! Chicken & Waffles, Maple Syrup Peas & Corn Medley Fresh Fruit Variety	10 THANKSGIVING FEAST Roast Turkey & Gravy, Mashed Potatoes, WW Dinner Roll, Butternut Squash Fresh Fruit Variety DON'T FORGET TO GIVE THANKS!	11 NO SCHOOL! 
 14 WW Pizza Sticks Marinara Dipping sauce Greek Salad with Feta  Fresh Fruit Variety	15 HALF DAY - BRUNCH FOR LUNCH Turkey Sausage, Egg & Cheese on a Croissant Tomato & Chickpea Salad, Fresh Fruit Variety	16 Macaroni & Cheese w/ Breaded Chicken (Buffalo optional) Steamed Broccoli Fresh Fruit Variety	17 MEXICAN FIESTA! Chicken Fajita, WW Tortilla w/ Spanish Rice, Red Beans, Tomato Salsa & Corn Fresh Fruit Variety	18 ITALIAN DELIGHT! Italian Sub on a WW Roll (Lettuce/ Tomato Optional) Carrot and Celery Dressing  Dippers, Fresh Fruit Variety
 21 French Bread Pizza, Caesar Salad Fresh Fruit Variety  	22 HALF DAY Breaded Chicken Patty with Sidewinder Fries on a Soft WW Pretzel Bun  Fresh Fruit Variety	23 HALF DAY 	24 Thanksgiving Break No School  	
28 WG Round Cheese Pizza Romaine Salad with Chick peas  Fresh Fruit Variety	29 NEW MENU ITEM! MEDITERRANEAN PLATTER Glazed Chicken Drumsticks, Homemade Hummus, Greek Salad, WW Pita Bread, Fresh Fruit Variety	30 WINTER WARMER Savory Homemade Shepard's Pie with Corn Bread, Steamed Green Beans Fresh Fruit Variety	 	

Check us out on:
 And Connect on:
 @quincyschoolnutrition

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

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

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

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

 =Vegetarian  =Smart Choice  =Pork