



Eat Well  
Learn Well  
Live Well

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

All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <b>MEATLESS MONDAY</b></p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup, Celery &amp; Carrot Dippers</p> <p>Fresh Fruit Variety</p>	<p>4</p> <p>Baked Popcorn Chicken</p> <p>Mashed Potatoes, Peas</p> <p>WW Dinner Roll</p>	<p>5</p> <p>Deli Turkey Breast on a WG Bun—Lettuce, &amp; Tomato, Fresh Carrot Sticks</p> <p>Potato Wedges,</p> <p>Fresh Fruit Variety</p>	<p>6 <b>MEXICAN FIESTA!</b></p> <p>Grilled Chicken Strips w/ Cheese, Salsa, Lettuce &amp; Tomato, WG Tortilla Chips, Spanish Rice, Mexican Bean Salad</p> <p>Fresh Fruit Variety</p>	<p>7 <b>NEW MENU ITEM!</b></p> <p>Italian Sampler! 3 Meatballs, 2 Cheesy Bread Sticks w/ Marinara Dipping Sauce</p> <p>Caesar Salad <b>NEW!</b></p> <p>Fresh Fruit Variety</p>
<p>10 <b>NO SCHOOL</b></p> <p><b>COLUMBUS DAY</b></p>	<p>11</p> <p>Bread Fish Sticks</p> <p>Oven Fry Potatoes</p> <p>WW Dinner Roll</p> <p>Fresh Fruit Variety</p>	<p>12 <b>NEW MENU ITEM!</b></p> <p><b>SOUTHERN STYLE!</b></p> <p>Chicken &amp; Waffles, Maple Syrup</p> <p>Side Salad <b>NEW!</b></p> <p>Fresh Fruit Variet</p>	<p>13 <b>NEW MENU ITEM!</b></p> <p>Asian Chicken &amp; Vegetable Stir Fry, Steamed Broccoli</p> <p>Fresh Fruit Variety</p> <p><b>NEW!</b></p>	<p>14</p> <p>Hot &amp; Spicy Chicken Wrap w/ Lettuce, Tomato &amp; Blue Cheese Dressing on WW Tortilla, Chick-pea Salad, Fresh Fruit Variety</p>
<p>17 <b>MEATLESS MONDAY</b></p> <p>WW Pizza Sticks Marinara Dipping sauce</p> <p>Romaine Tossed Salad w/ Feta, Fresh Fruit Variety</p>	<p>18 <b>NEW MENU ITEM!</b></p> <p>Chicken Wings of Fire, Side-winder Fries</p> <p>Side Caesar Salad</p> <p><b>NEW! NEW!</b></p>	<p>19 <b>NEW MENU ITEM!</b></p> <p>Macaroni &amp; Cheese or Buffalo Chicken Macaroni &amp; Cheese w/ Tomato, Mozzarella Basil Salad</p> <p>Fresh Fruit Variety</p>	<p>20 <b>MEXICAN FIESTA!</b></p> <p>Chicken Fajita, WW Tortilla w/ Spanish Rice, Red Beans, Tomato Salsa, &amp; Corn,</p> <p>Fresh Fruit Variety</p>	<p>21 <b>ITALIAN DELIGHT!</b></p> <p>Chicken &amp; Broccoli</p> <p>Alfredo, Garlic Bread</p> <p>Red Pepper Strips—Dressing</p>
<p>24 <b>MEATLESS MONDAY</b></p> <p>WW Pizza Wedge</p> <p>Greek Salad w/ Romaine Lettuce, Feta Cheese, Tomato, Cucumber &amp; Chick Peas,</p> <p>Fresh Fruit Variety</p>	<p>25</p> <p>Chicken Breast Filet On a Jr Sub Roll</p> <p>Carrot Salad, Potato Wedges</p> <p>Fresh Fruit Variety</p>	<p>26 <b>MEXICAN FIESTA!</b></p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Brown Rice &amp; Mexican Bean Salad</p> <p>Fresh Fruit Variety</p>	<p>27</p> <p>Boneless Chicken Tenders</p> <p>WW Pasta Salad w/ Zucchini, Cherry Tomatoes, &amp; Green Beans, WG Dinner Rolls,</p> <p>Fresh Fruit Variety</p>	<p>28</p> <p>Beef Meatballs w/ Tomato Sauce on a WW Sub Roll</p> <p>Carrot/Celery Sticks</p> <p>Fresh Fruit Variety</p>
<p>31 <b>HALLOWEEN! MEATLESS MONDAY</b></p> <p>Sal's North End Style Pizza, Romaine Tossed Salad -Tomato &amp; Cukes, Fresh Fruit Variety</p>	<p><b>Happy Halloween</b></p>			<p>Check us out on: <b>@quincyschoolnutrition</b></p>

**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 on a WG Bun
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**Daily Menu Offerings**

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

**Variety of Fresh Fruit, Fruit Juice and Freshly Prepared Vegetables Available Daily:** Apple, Orange, Pears, Bananas, Peach, Watermelon, Pineapple, Strawberry, Blueberry, Applesauce, Carrots, Celery, Tomato, Leafy Greens, Red & Green Peppers, Green Beans, Broccoli, Corn, Peas, Black, Garbanzo, Kidney, & White Beans