



SEPTEMBER

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

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



4 **Happy Labor Day**

5 **LAST DAY OF SUMMER VACATION!**

6 **FIRST DAY !!!!**
 Cheese Pizza
 Carrot Packs
 Seasonal Fruit

7 **AMERICAN FARE**
 BBQ Beef Ribs
 On a WW Bun
 Tater Tots
 Seasonal Fruit

8 **SANDWICH STACKER**
 Grilled Cheese
 Three Bean Medley
 Seasonal Fruit

11 **PIZZA MONDAY**
 Homemade Pizza Variety:
 Cheese, Chicken Pepperoni, or
 BBQ Chicken Pizza
 Romaine Garden Salad
 Seasonal Fruit

12 **BRUNCH FOR LUNCH**
 Egg, Ham & Cheese
 Croissant-Wich
 Sweet Potato Tots
 Seasonal Fruit

13 **PANINI PRESS**
 Philly Cheesesteak Panini
 Steamed Green Beans
 Seasonal Fruit

14 **SOUTHERN COOKIN'**
 Breaded Chicken &
 WW Waffles
 Oven Baked Fries
 Seasonal Fruit

15 **MEXICAN FIESTA**
 Fajita Chicken
 Corn, Black Beans, Salsa
 Cheddar Cheese Sauce
 WW Tortillas
 Seasonal Fruit

18 **PIZZA MONDAY**
 Homemade Pizza Variety:
 Cheese, Chicken Pepperoni, or
 Chicken Meatball Pizza
 Caesar Salad
 Seasonal Fruit

19 **Build Your Own...
 BAKED POTATO BAR!**
 Broccoli, Cheddar Cheese Sauce, Sour
 Cream, & (Chicken) Bacon
 Tomato & Cucumber Salad
 Texas Style Toast
 Seasonal Fruit

20 **ITALIAN DELIGHT**
 Italian Combo on a
 WW Jr Sub Roll
 Steamed Green Beans
 Seasonal Fruit

21 **AMERICAN FARE**
 Chicken Breast Filet
 w/ Lettuce, Tomato & Mayo
 On a WW Jr Sub Roll
 Potato Wedges
 Seasonal Fruit

22 **TASTE OF ASIA**
 Teriyaki Grilled Chicken Strips
 WW Noodle, Vegetable Medley
 Three Bean Medley
BONUS: Fortune Cookie
 Seasonal Fruit

25 **PIZZA MONDAY**
 Homemade Pizza Variety:
 Cheese, Chicken Pepperoni, or
 Hawaiian Pizza
 Spinach Garden Salad

26 **BRUNCH FOR LUNCH**
 WW Pancakes w/ Scrambled Eggs &
 Crispy Chicken Bacon
 Sweet Potato Tots
 Seasonal Fruit

27 **WILD CARD**
 Cajun Chicken Wings & Drumsticks
 w/ Spanish Rice
 Celery Sticks with Dressing Dipper
 Seasonal Fruit

28 **SOUTHERN COOKIN'**
 BBQ Pork Rib on a WG Bun
 Steamed Corn
 Seasonal Fruit

29 **MEXICAN FIESTA**
 Chicken & Cheese Quesadilla
 Corn, Black Beans,
 Salsa
 Seasonal Fruit

Ham/Cheese or Turkey on a WG Sub Roll or a Turkey Frank on a

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 or Tuna Salad on a WG Sub

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.