



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

**Breakfast Menu Served Each Day at all Schools:**  
 8 oz. carton of Milk (fat free chocolate, 1% white); Fresh Fruit and 100% Fruit Juice; Bowl Pack Whole Grain Cereal; WG Muffins, Crackers, yogurt

**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."**

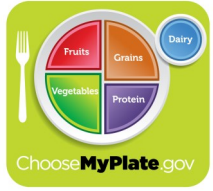
# SEPTEMBER

## MIDDLE SCHOOL LUNCH MENU

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



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



5 	6 	7 WW Cheese Pizza Three Bean Salad Corn Niblets	8 Chicken Breast Filet On a Jr Sun Roll Carrot Salad Potato Wedges	9 Romaine Caesar Salad w/ Spicy Chicken & Chick Peas Parmesan Cheese & WW
12 WW Pizza Sticks Marinara Dipping sauce Romaine Tossed Salad Feta Cheese	13  BBQ Beef Rib on a MG Roll Steamed Broccoli	14 Deli Turkey Breast on a WG Bun—Lettuce,& Tomato, fresh broccoli Salad & Potato Wedges	15 Chicken Fajita WW Tortilla w/ Spanish Rice, Red Beans, Tomato Salsa, & Corn Niblets	16 Colby Cheese Omelet On a Croissant Peas and Carrot
19 WW Pizza Wedge Greek Salad w/ Romaine Lettuce, Feta Cheese, Tomato, Cukes, and Chick Peas	20 Turkey Taco w/ Cheese, Salsa, Lettuce & Tomato WG Tortilla Chips, Spanish Rice & Beans, Cabbage/Carrot Slaw	21 Cheeseburger on a WW Bun Oven Fry Potatoes Watermelon Slices	22 WW Pasta Salad w/ Zucchini, Cherry Tomatoes, & Broccoli Florets Boneless Chicken Tenders	23 Beef Meatballs w/ Tomato Sauce on a WW Sub Roll Green Beans, Carrot/Celery Sticks
26 Sal's North End Style Pizza Romaine Tossed Salad w/ Tomato & Cukes	27  Grilled Hot Dog on a Bun, Baked Beans & Cabbage/Carrot Slaw	28 Baked Potato w/ Broccoli & Cheese Sauce, Popcorn Chicken & a WW Dinner Roll	29 WW Pasta w/ Ground Beef & Tomato Sauce, Green Beans Breaded Cheese Stick	30 Diced Chicken w/ Gravy Mashed Potatoes, Green Beans, WW Dinner Roll Cranberry Sauce

Combo Lunch Choice of the day (below) include milk, fresh fruit or fruit cup or 100% fruit juice and 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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Check us out on: And Connect on: @quincyschoolnutrition

A selection of fresh made sandwiches are available daily—meatball, turkey, ham and cheese, roast beef and tuna, chicken and egg salad.