



Eat Well  
Learn Well  
Live Well

Quincy School Nutrition








ELEMENTARY SCHOOL MENU

**Meal Pricing**  
**Breakfast: \$1.00 full price; \$.25 Reduced Price**  
**Lunch: \$2.50 Full Price; \$.40 Reduced Price**  
**Milk: \$.50**

F/R meal eligibility must be established each school year.  
 If you receive a "DIRECT CERTIFICATION" letter you do not need to submit an application. Applications are sent home at the start of school & 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 at [www.myschoolbucks.com](http://www.myschoolbucks.com)  
 F/R applications 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."



**V** =Vegetarian    **S** =Smart Choice    **P** =Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk</u></p> <p><b>MEATLESS MONDAY</b></p>		<p>1 <b>ITALIAN DELIGHT</b>                      Delicious Chicken Parmesan Sandwich w/ Marinara Sauce                      Steamed Green Beans                      Mixed Seasonal Fruit  <b>LUCKY TRAY DAY</b></p>	<p>2 <b>AMERICAN FARE</b>                      Beef Cheese Burger on a WW bun                      Smile Fries                      Seasonal Fruit</p>	<p>3 <b>OCEAN CATCH</b>                      Breaded Fish Sticks W/ Steamed Broccoli                      Vegetarian Beans                      WW Dinner Roll                      Seasonal Fruit</p>
<p>6 Grilled Cheese Sandwich                      Carrot Snack Packs                      Seasonal Fruit <b>V</b></p> <p><b>MEATLESS MONDAY</b></p>	<p>7 <b>NO LUNCH SERVICE</b></p> 	<p>8 <b>THANKSGIVING FEAST</b>                      Roast Turkey &amp; Gravy, Mashed Potatoes, WW Dinner Roll, Steamed Green Beans                      Seasonal Fruit</p>	<p>9 <b>MEXICAN FIESTA</b>                      Chicken Fajita                      Spanish Rice                      Corn &amp; Black Beans                      WW Tortilla Chips                      Seasonal Fruit</p>	<p>10 <b>NO SCHOOL!</b></p> 
<p>13 Pizza Sticks w/ Marinara Dipping Sauce                      Carrot Snack Packs                      Seasonal Fruit <b>V</b></p> <p><b>MEATLESS MONDAY</b></p>	<p>14 <b>NO LUNCH SERVICE</b></p> 	<p>15 <b>HOMESTYLE KITCHEN</b>                      Popcorn Chicken w/ WW Macaroni &amp; Cheese                      Steamed Green Beans                      Seasonal Fruit</p>	<p>16 <b>AMERICAN FARE</b>                      Turkey Frank on a WW Bun                      Tator Tots &amp; Baked Beans                      Seasonal Fruit</p>	<p>17 <b>TASTE OF ASIA</b>                      Teriyaki Chicken Strips                      Steamed Broccoli &amp; WW Noodles                      Fortune Cookie!                      Seasonal Fruit</p>
<p>20 French Bread Pizza                      Carrot Snack Packs                      Seasonal Fruit <b>V</b></p> <p><b>MEATLESS MONDAY</b></p>	<p>21 <b>NO LUNCH SERVICE</b></p> 	<p>22 <b>HALF DAY! NO LUNCH</b></p> 	<p>23 <b>Thanksgiving Break No School</b></p>  	
<p>27 WG Round Personal Cheese Pizza                      Carrot Snack Packs                      Seasonal Fruit <b>V</b></p> <p><b>MEATLESS MONDAY</b></p>	<p>28 <b>NO LUNCH SERVICE</b></p> 	<p>29 <b>ITALIAN DELIGHT!</b>                      Cold Italian WW Hoagie                      Sliced Ham, Pepperoni &amp; American Cheese                      Celery Sticks w/ Dipper                      Seasonal Fruit</p> <p><b>P</b></p>	<p>30 <b>BRUNCH FOR LUNCH</b>                      Egg &amp; Cheese                      Croissant-Wich                      Potato Wedges                      Honey Roasted Chickpeas                      Seasonal Fruit</p>	

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

**November**

