



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: \$2.75 Full Price; \$.40 Reduced Price; **Milk:** \$.50
Adult:
 Breakfast \$1.75; Lunch \$3.00; Milk \$.60

November

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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ITALIAN DELIGHT Italian Combo on a WW Jr Sub Roll Steamed Green Beans Seasonal Fruit	2 SOUTHERN COOKIN' Breaded Chicken & WW Waffles Oven Baked Fries Seasonal Fruit	3 SANDWICH STACKER Deli Turkey BLT On a WW Pretzel Roll Three Bean Medley Seasonal Fruit
6 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Chicken Meatball Pizza Caesar Salad Seasonal Fruit	7 MEDITERRANEAN MEDLEY Greek Chicken Wrap W/ Hummus Feta, Lettuce & Tomato Fresh Carrots Seasonal Fruit	8 PANINI PRESS Philly Cheesesteak Panini Steamed Green Beans Seasonal Fruit	9 AMERICAN FARE American Chop Suey WW Dinner Roll Steamed Peas Seasonal Fruit	10 NO SCHOOL! 
13 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Hawaiian Pizza Spinach Garden Salad Seasonal Fruit	14 BRUNCH FOR LUNCH Egg, chicken Bacon & Cheese On a WW Waffle Sandwich Sweet Potato Tots Seasonal Fruit	15 ITALIAN DELIGHT WW Pasta w/ Ground Beef & Tomato Sauce Steamed Green Beans Slice of Texas Garlic Toast Seasonal Fruit	16 HOLIDAY FEAST Chicken Filet & Gravy, Mashed Potatoes & Steamed Peas WW Dinner Roll Seasonal Fruit DESSERT: Apple Crisp	17 MEXICAN FIESTA Turkey Taco Nachos Corn, Black Beans, Salsa Cheddar Cheese Sauce WW Tortillas Seasonal Fruit
20 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Green Peppers & Onions Greek Salad Seasonal Fruit	21 Build Your Own... BAKED POTATO BAR! Broccoli, Cheddar Cheese Sauce, Sour Cream, & (Chicken) Bacon Tomato & Cucumber Salad Texas Style Toast Seasonal Fruit	22 EARLY RELEASE—NO LUNCH 	23  Thanksgiving Break No School	24
27 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Broccoli & Craisin Salad	28 BRUNCH FOR LUNCH Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit	29 WILD CARD— WINTER WARMER Savory Homemade Shepard's Pie Corn Bread, Steamed Green Beans Seasonal Fruit	30 SOUTHERN COOKIN' BBQ Pork Rib on a WG Bun Steamed Corn Seasonal Fruit	Check us out on: And Connect on:  @quincyschoolnutrition 
Ham/Cheese or Turkey on a WG Sub Roll or a Turkey Frank on a WW Bun	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

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!

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.