



Eat Well
Learn Well
Live Well

Quincy School Nutrition

Meal Pricing

**Breakfast: \$1.00 full price;
\$.25 Reduced Price**

**Lunch: \$2.50 Full Price;
\$.40 Reduced Price**

Milk: \$.50

**Adult: Breakfast \$1.75;
Lunch \$3.50; Milk \$.60**

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.

Households may also apply online at www.heartlandapps.com

Meal prepayments can be made at 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."

ALTERNATIVE LUNCH

OPTIONS:

Veggie Plate:

Fresh seasonal Veggies, Cheese Stick and Pretzels & Graham Crackers Available **WITH/F**

Pre-packed Cold Lunch: Yogurt, Cheese Stick, WG WW Bagel, Fruit, Baby Carrots, Milk Choice

(WHILE SUPPLIES LAST—LIMITED STORAGE SPACE)

Available **Mondays Only**

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

ELEMENTARY SCHOOL MENU

Monday		Tuesday		Wednesday		Thursday		Friday		
2	<p>MEATLESS MONDAY</p> <p>Pizza Sticks & Marinara Carrot Snack Packs Seasonal Fruit</p> <p>V</p>	3	<p>NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	4	<p>OCEAN CATCH</p> <p>Fish Sticks Dinner Rolls Celery Sticks w/ Dipper Seasonal Fruit</p> <p>LUCKY TRAY DAY</p>	5	<p>MEXICAN FIESTA</p> <p>Chicken Fajita Spanish Rice Corn & Black Beans WW Tortilla Chips Seasonal Fruit</p>	6	<p>SANDWICH STACKER</p> <p>Chicken Pattie Sandwich on a WW Bun Steamed Broccoli Seasonal Fruit</p>	
9	<p>MEATLESS MONDAY</p> <p>French Bread Pizza Dipping Sauce Carrot Snack Packs Seasonal Fruit</p> <p>V</p>	10	<p>NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	11	<p>HOMESTYLE KITCHEN</p> <p>Breaded Chicken & Waffles Maple Syrup w/ Steamed Green Beans Seasonal Fruit</p>	12	<p>AMERICAN FARE</p> <p>Beef Burger w/ Cheese on a WW Bun Potage Wedges Three Bean Medley Seasonal Fruit</p>	13	<p>OCEAN CATCH</p> <p>Breaded Fish Sticks WW Dinner Roll Cheesy Roasted Broccoli Seasonal Fruit</p>	
16		17					18		19	
23	<p>MEATLESS MONDAY</p> <p>WG Personal Round Pizza Carrot Snack Packs Seasonal Fruit</p> <p>V</p>	24	<p>NO LUNCH SERVICE</p> <p>Early Release School's Out!</p>	25	<p>HOMESTYLE KITCHEN</p> <p>American Chop Suey Steamed Green Beans Seasonal Fruit</p>	26	<p>AMERICAN FARE</p> <p>Popcorn Chicken WW Mac & Cheese Steamed Peas Vegetarian Baked Beans Seasonal Fruit</p>	27	<p>TASTE OF ASIA</p> <p>Tofu & Edamame "Fried Rice" w/ Steamed Broccoli, Carrot, Corn & Egg Seasonal Fruit</p>	
30	<p>MEATLESS MONDAY</p> <p>Grilled Cheese Cheese Pizza Carrot Snack Packs Seasonal Fruit</p> <p>V</p>									



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