



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: \$3.00 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

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALZONE MONDAY</p> <p>Homemade Cheese or Pepperoni Calzone</p> <p>Greek Salad</p> <p>Seasonal Fruit</p>	<p>3 AMERICAN FARE</p> <p>BBQ Beef Ribs</p> <p>On a WW Bun</p> <p>Tater Tots</p> <p>Seasonal Fruit</p>	<p>4 WILD CARD</p> <p>Cajun Chicken Filets</p> <p>w/ Spanish Rice</p> <p>Celery Sticks with Dressing Dipper</p> <p>Seasonal Fruit</p>	<p>5 MEDITERRANEAN MEDLEY</p> <p>Grilled chicken, Sautéed Peppers & Feta Cheese on a WW Flatbread w/a Tomato & Cucumber Salad</p> <p>Seasonal Fruit</p>	<p>6 TASTE OF ASIA</p> <p>Noodle Bowl! Teriyaki Grilled Chicken Strips</p> <p>WW Noodles, Vegetable Medley</p> <p>BONUS: Fortune Cookie</p> <p>Side of a Three Bean Medley</p> <p>Seasonal Fruit</p>
<p>9 CALZONE MONDAY</p> <p>Homemade Cheese or Pepperoni Calzone</p> <p>Broccoli & Craisin Salad</p> <p>Seasonal Fruit</p>	<p>10 BRUNCH FOR LUNCH</p> <p>Egg & Cheese</p> <p>On WW Croissant</p> <p>Sweet Crinkle Fries</p> <p>Seasonal Fruit</p>	<p>11 ITALIAN DELIGHT</p> <p>Breaded Fish Parmesan</p> <p>Sauteed Peppers & Onions</p> <p>Seasonal Fruit</p>	<p>12 SOUTHERN COOKIN'</p> <p>Pulled Pork Panini</p> <p>Cheesy Corn Bake</p> <p>Seasonal Fruit</p>	<p>13 FIESTA FRIDAY</p> <p>Burrito Bowl! Mexican Seasoned Turkey, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips</p> <p>Seasonal Fruit</p>
16	17	18	19	20
<p>23 CALZONE MONDAY</p> <p>Homemade Cheese or Pepperoni Calzone</p> <p>Romaine Garden Salad</p> <p>Seasonal Fruit</p>	<p>24 INDIAN SPICE</p> <p>Tandoori Chicken</p> <p>Over Steamed Brown Rice</p> <p>Steamed Carrots</p> <p>Seasonal Fruit</p>	<p>25 GRAIN BOWL</p> <p>Grilled Chicken Filet over Quinoa, Spinach, Feta & Craisins</p> <p>Steamed Zucchini</p> <p>Seasonal Fruit</p>	<p>26 SOUTHERN COOKIN'</p> <p>BBQ Beef Rib on a WG Bun</p> <p>Steamed Corn</p> <p>Seasonal Fruit</p>	<p>27 FIESTA FRIDAY</p> <p>Cheese & Breaded Fish Quesadillas</p> <p>Corn, Black Beans, and Salsa</p> <p>Seasonal Fruit</p>
<p>30 CALZONE MONDAY</p> <p>Homemade Cheese or Pepperoni Calzone</p> <p>Caesar Salad</p> <p>Seasonal Fruit</p>				

Deli Bar: Turkey & Cheese, Ham & Cheese, Roast Beef & Cheese, Italian Sub, Tuna Salad, Chicken Salad
Hot Sandwich Bar: Beef Burger, Cheese Burger, Chicken Patty, Hot & Spicy Chicken Patty, Meatball Sub

Pizza Bar (Offered M/W/F): Cheese, Pepperoni & Specials

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.