



Eat Well
Learn Well
Live Well

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



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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Chicken Meatball Pizza Caesar Salad Seasonal Fruit</p>	<p>3 AMERICAN FARE BBQ Beef Ribs On a WW Bun Tater Tots Seasonal Fruit</p>	<p>4 WILD CARD Cajun Chicken Filets w/ Spanish Rice Celery Sticks with Dressing Dipper Seasonal Fruit</p>	<p>5 MEDITERRANEAN MEDLEY Grilled chicken, Sautéed Peppers & Feta Cheese on a WW Flatbread w/a Tomato & Cucumber Salad Seasonal Fruit</p>	<p>6 SANDWICH STACKER Turkey & Cheese Melt with Chipotle Mayo on WW Bread Three Bean Medley Seasonal Fruit</p>
<p>5 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Hawaiian Pizza Spinach Garden Salad</p>	<p>10 BRUNCH FOR LUNCH Egg & Cheese On WW Croissant Sweet Potato Crinkle Fries Seasonal Fruit</p>	<p>11 ITALIAN DELIGHT Breaded Fish Parmesan Steamed Green Beans Seasonal Fruit</p>	<p>12 SOUTHERN COOKIN' Pulled Pork Panini & Cheesy Corn Bake Seasonal Fruit</p>	<p>13 MEXICAN FIESTA Turkey Taco Nachos Corn, Black Beans, Salsa Cheddar Cheese Sauce WW Tortillas Seasonal Fruit</p>
16	17	18	19	20
<p>23 PIZZA MONDAY Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Green Peppers & Onions Greek Salad Seasonal Fruit</p>	<p>24 INDIAN SPICE Tandoori Chicken Over Steamed Brown Rice Steamed Carrots Seasonal Fruit</p>	<p>25 GRAIN BOWL Grilled Chicken Filet over Quinoa, Spinach, Feta & Craisins Steamed Zucchini Seasonal Fruit</p>	<p>26 SOUTHERN COOKIN' BBQ Beef Rib on a WG Bun Steamed Corn Seasonal Fruit</p>	<p>27 MEXICAN FIESTA Cheese & Breaded Fish Quesadillas Corn, Black Beans, Salsa Seasonal Fruit</p>
<p>30 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Broccoli & Craisin Salad Seasonal Fruit</p>				
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 or Tuna Salad on a WG Sub

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.

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