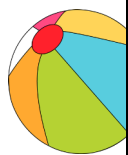


Eat Well
Learn Well
Live Well



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

ELEMENTARY SCHOOL MENU

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 **W/T/H/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**



=Vegetarian



=Smart Choice



=Pork

Monday	Tuesday	Wednesday	Thursday	Friday
				1 OCEAN CATCH Breaded Fish Sticks WW Texas Style Garlic Toast Steamed Broccoli Seasonal Fruit
4 MEATLESS MONDAY Grilled Cheese Carrot Snack Pack Seasonal Fruit	5 NO LUNCH 	6 HOMESTYLE KITCHEN American Chop Suey Steamed Green Beans Seasonal Fruit LUCKY TRAY DAY	7 FIESTA THURSDAY Fajita Chicken Wrap Corn & Black Beans Seasonal Fruit	8 BURGER DAY Beef Burger w/ Cheese Steamed Broccoli Seasonal Fruit
11 MEATLESS MONDAY French Bread Pizza Carrot Snack Pack Seasonal Fruit	12 NO LUNCH 	13 OCEAN CATCH Breaded Fish Sticks WW Texas Style Garlic Toast Steamed Broccoli Seasonal Fruit	14 BURGER DAY Beef Burger w/ Cheese Steamed Broccoli Seasonal Fruit	15 DELICIOUS FEAST Roasted Turkey w/ Gravy WW Dinner Roll, Steamed Peas & Roasted Chickpeas Seasonal Fruit
18 CEREAL FUN LUNCH W/ Yogurt String Cheese Broccoli Dippers Seasonal Fruit	19 NO LUNCH 	20 HOMESTYLE KITCHEN WW Macaroni & Cheese W/ Teriyaki Beef Dippers Steamed Green Beans Seasonal Fruit	21 MEXICAN FIESTA Turkey Nachos w/ Shredded Cheese Corn & Black Beans WW Tortilla Chips Seasonal Fruit	22 AMERICAN FARE Sloppy Joe (Beef) on a WG Bun Baked Beans & Tater Tots Seasonal Fruit
			FIRST DAY OF SUMMER!!	

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