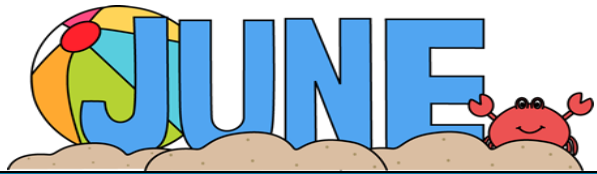




Meal Pricing
Breakfast: \$1.25 full price; \$0.25 Reduced Price
Lunch: \$2.75 Full Price; \$0.40 Reduced Price
Milk: \$.50
Adult: Breakfast \$1.75; Lunch \$3.00; Milk \$.60


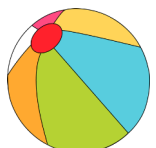


Free/Reduced meal eligibility must be established each school year. If you receive a "DIRECT CERTIFICATION" letter you **do not** need to submit an application form. Application forms are sent home at the start of school and are available online at www.quincypublicschools.com. Households may also apply 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."**

All below Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BAKED POTATO BAR Baked Potato w/ Cheese Sauce, Peppers & Onions, & Chicken Bacon Three Bean Medley Seasonal Fruit
4 PIZZA VARIETY Pizza of the Day Spinach Garden Salad Seasonal Fruit	5 FIESTA TUESDAY Mexican Fajita Chicken Salad with Black Beans, Corn, and Salsa Seasonal Fruit	6 SANDWICH STACKER Meatball Sub w/ American Cheese Sauteed Peppers & Onions Seasonal Fruit	7 DELICIOUS FEAST! Roasted Turkey w/ Gravy 2 WW Dinner Rolls Corn & Carrot Medley Strawberry Shortcake Seasonal Fruit	8 CHEF'S CHOICE Check with your Food Service Staff Three Bean Medley Seasonal Fruit
11 PIZZA VARIETY Pizza of the Day Greek Salad Seasonal Fruit	12 HOMESTYLE KITCHEN Beef Burger w/ Cajun Mayo Sweet Potato Tots Seasonal Fruit	13 HOMESTYLE KITCHEN Sloppy Joe's on a WW Bun Green Beans Seasonal Fruit	14 SOUTHERN COOKIN' BBQ Pulled Pork Mini Corn on the Cob Corn Bread Pear Cobbler Seasonal Fruit	15 CHEF'S CHOICE Check with your Food Service Staff Three Bean Medley Seasonal Fruit
18 PIZZA VARIETY Pizza of the Day Broccoli & Craisin Salad Seasonal Fruit	19 PANINI PRESS Philly Cheesesteak Panini w/ Peppers & Onions Potato Fries Seasonal Fruit	20 FIESTA WEDNESDAY Twin Fish Tacos Celery Sticks w/ Dressing Dipper Seasonal Fruit	21 AMERICAN FARE Grilled Chicken Strips Over Caesar Salad WW Pita Bread Seasonal Fruit	22 CHEF'S CHOICE Check with your Food Service Staff Three Bean Medley Seasonal Fruit
25 CHEF'S CHOICE Check with your Food Service Staff Three Bean Medley Seasonal Fruit	26 	27	28	29 

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 Roll
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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.