



Eat Well  
Learn Well  
Live Well

Quincy School Nutrition

**A COMPLETE BREAKFAST WILL FUEL YOUR DAY!**

**You can choose all 4 components for optimal health and maximum energy!**

**The components include: MILK, FRUIT & 2 GRAINS**

**REMEMBER: Put at least 2 full components & 1/2 cup fruit on your tray!**

# Quincy School Nutrition Breakfast Program

**MIDDLE SCHOOL BREAKFAST MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>SPECIAL</u></b>	<b><u>SPECIAL</u></b>	<b><u>SPECIAL</u></b>	<b><u>SPECIAL</u></b>	<b><u>SPECIAL</u></b>
CEREAL VARIETY W/ MILK OR WG DONUT HOLES	SCRAMBLED EGGS, TURKEY BACON, WG ENGLISH MUFFIN	CINNAMON FLAVORED MINI PANCAKES W/ MAPLE SYRUP	EGG & CHEESE Omelet  Or CINNAMON ROLLS	EGG, TURKEY SAUSAGE & CHEESE ON A WG TORNADO
100% FRUIT JUICE VARIETY FRESH FRUIT VARIETY	100% FRUIT JUICE VARIETY FRESH FRUIT VARIETY	100% FRUIT JUICE VARIETY FRESH FRUIT VARIETY	100% FRUIT JUICE VARIETY FRESH FRUIT VARIETY	100% FRUIT JUICE VARIETY FRESH FRUIT VARIETY
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## BREAKFAST MEALS AVAILABLE DAILY

- CEREAL VARIETY
- WW BAGEL W/ CREAM CHEESE
- CHOCOLATE CHIP MUFFIN
- BLUEBERRY MUFFIN
- APPLE CINNAMON MUFFIN
- CINNAMON ROLL
- VANILLA OR STRAWBERRY YOGURT

**ALL OF OUR MEALS MEET THE USDA NATIONAL SCHOOL BEAKFAST AND HEALTHY HUNGER FREE KIDS ACT REQUIREMENTS!**

**Questions? Suggestions? Please contact the School Nutrition Department: [\(617\) 984-8768](tel:6179848768)**

**"This institution is an equal opportunity provider."**

take time for  
**school  
BREAKFAST**



### The Facts About School Breakfast

Studies have shown that school breakfast fuels students for a successful school day!

**On average:**

Students who eat school breakfast have been shown to score 17.5 percent higher on standardized math tests.