



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

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.

ALTERNATIVE LUNCH
OPTION
VEGGIE PLATE:
 Fresh Seasonal Vegetables—Carrots, Celery, Tomato & Broccoli, & Chickpeas
 WW Flatbread
 2 Mozzarella String Cheeses
 Fresh Seasonal Fruit
 Available **W/TH/F (WHILE SUPPLIES LAST)**

Monday Tuesday Wednesday Thursday Friday

<p>1 MEATLESS MONDAY</p> <p>Grilled Cheese Sandwich Carrot Snack Packs Seasonal Fruit</p> <p style="text-align: right;">V</p>	<p>2 NO LUNCH SERVICE</p> <p style="text-align: center;"></p>	<p>3 HOMESTYLE KITCHEN</p> <p>Chicken & Waffles! Breaded Chicken Tenders WW Waffles Steamed Green Beans Seasonal Fruit</p> <p style="text-align: center;">LUCKY TRAY DAY</p>	<p>4 AMERICAN FARE</p> <p>Beef Burger w/ Cheese On a WW Bun Potage Wedges Three Bean Medley Seasonal Fruit</p>	<p>5 SANDWICH STACKER</p> <p>BBQ Chicken And Ranch on a WW Wrap Broccoli & Craisin Salad Seasonal Fruit</p>
<p>8 NO SCHOOL</p> <p style="text-align: center;"></p>	<p>9 NO LUNCH SERVICE</p> <p style="text-align: center;"></p>	<p>10 FUEL YOUR DAY</p> <p style="text-align: center;">V LUNCHABLE</p> <p>Yogurt, Mozzarella String Cheese, WW Doughy Pretzel w/ Mustard Dipper, Celery Sticks w/ Ranch Dipper Seasonal Fruit</p>	<p>11 MEXICAN FIESTA</p> <p>Chicken Fajita Brown Rice Corn & Black Beans WW Tortilla Chips Seasonal Fruit</p>	<p>12 OCEAN CATCH</p> <p>Breaded Fish Sticks WW Dinner Roll Steamed Broccoli Seasonal Fruit</p>
<p>15 MEATLESS MONDAY</p> <p>WW Pizza Stick Marinara Dipping Sauce Carrot Snack Packs Seasonal Fruit</p> <p style="text-align: right;">V</p>	<p>16 NO LUNCH SERVICE</p> <p style="text-align: center;"></p>	<p>17 ITALIAN DELIGHT</p> <p>WW Spaghetti & Beef Meat Sauce Steamed Green Beans Seasonal Fruit</p>	<p>18 BRUNCH FOR LUNCH!</p> <p>WW Pancakes w/ Turkey Sausage, Smile Fries Honey Roasted Chickpeas Seasonal Fruit</p>	<p>19 TASTE OF ASIA</p> <p>Korean BBQ Chicken Strips WW Brown Rice Steamed Broccoli, WW Dinner Roll Seasonal Fruit</p>
OCTOBER 15-19, 2018 IS NATIONAL SCHOOL LUNCH WEEK!				
<p>22 MEATLESS MONDAY</p> <p>Twice Grilled 3 Cheese Quesadilla W/ Salsa Carrot Snack Packs Seasonal Fruit</p> <p style="text-align: right;">V</p>	<p>23 NO LUNCH SERVICE</p> <p style="text-align: center;"></p>	<p>24 HOMESTYLE KITCHEN</p> <p>Chicken Pot Pie w/ Corn, Peas and Carrots WW Buttermilk Biscuit Seasonal Fruit</p>	<p>25 AMERICAN FARE</p> <p>Popcorn Chicken WW Mac & Cheese Steamed Peas Three Bean Medley Seasonal Fruit</p>	<p>26 SANDWICH STACKER</p> <p>Cold Ham & Cheese on a WW Bun Spinach Craisin & Feta Salad Seasonal Fruit</p> <p style="text-align: right;">P</p>
<p>29 MEATLESS MONDAY</p> <p>Anytime Personal Pizza Carrot Snack Packs Seasonal Fruit</p> <p style="text-align: right;">V</p>	<p>30 NO LUNCH SERVICE</p> <p style="text-align: center;"></p>	<p>31 SPOOKY SURPRISE</p> <p style="text-align: center;">V</p> <p>Mozzarella Fingers W/ Bloody Sauce Magic Spell Mini Trees (Broccoli) Fruit Fresh from the Graveyard</p> <p style="text-align: center;">BONUS * Pumpkin Cookie</p>	<p>Check us out on: </p> <p>And Connect on: @quincyschoolnutrition</p> <p style="text-align: right;"></p> <p style="text-align: right;"></p>	

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



V=Vegetarian =Smart Choice =Pork