



<u>Meal Pricing</u>
<u>Breakfast:</u> \$1.25 full price; \$.25 Reduced Price
<u>Lunch:</u> \$3.00 Full Price; \$.40 Reduced Price
<u>Milk:</u> \$.50
<u>Adult:</u> Breakfast \$1.75; Lunch \$3.50;
<u>Milk</u> \$.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? Please Contact the School Nutrition Department: (617) 984-8768

HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Greek Salad Seasonal Fruit	2 BRUNCH FOR LUNCH Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit V	3 ITALIAN DELIGHT Italian Sampler! 3 Meatballs, 2 Mozzarella Sticks & A Slice of Texas Garlic Toast w/ Marinara Dipping Sauce Steamed Green Beans Seasonal Fruit	4 AMERICAN FARE Hot & Spicy Chicken Wrap w/ Lettuce, Tomato Potato Wedges Seasonal Fruit	5 FIESTA FRIDAY Burrito - Mexican Seasoned Beef or Turkey, or Chicken, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips Seasonal Fruit
8 COLUMBUS DAY 	9 MEDITERRANEAN MEDLEY Greek Chicken Wrap W/ Hummus Feta, Lettuce & Tomato Fresh Carrots Seasonal Fruit S	10 PANINI PRESS Italian Combo Panini Steamed Green Beans Seasonal Fruit	11 SOUTHERN COOKIN' Pulled Pork on a WW Bun Oven Baked Fries Seasonal Fruit P	12 FIESTA FRIDAY Chicken & Cheese Quesadilla Corn, Black Beans, Salsa Seasonal Fruit
15 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Broccoli & Craisin Salad Seasonal Fruit	16 BRUNCH FOR LUNCH WW Pancakes w/ Maple Syrup w/ Turkey Sausage & Scrambled Eggs Sweet Potato Tots	17 ITALIAN DELIGHT Beef Meatballs w/ WW Spaghetti & Marinara Sauce Steamed Green Beans Seasonal Fruit	18 AMERICAN FARE Breaded Chicken Macaroni & Cheese Steamed Peas Seasonal Fruit	19 TASTE OF ASIA Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley BONUS: Fortune Cookie Side of a Three Bean Medley Seasonal Fruit
22 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Romaine Garden Salad Seasonal Fruit	23 Build Your Own... BAKED POTATO BAR! Broccoli, Cheddar Cheese Sauce, Sour Cream, & (Chicken) Bacon Tomato & Cucumber Salad Texas Style Toast Seasonal Fruit	24 WILD CARD Wings of Fire 2 WW Dinner Rolls Steamed Green Beans Seasonal Fruit	25 SOUTHERN COOKIN' Oven Baked BBQ Chicken Corn Bread Corn & Peas Medley Seasonal Fruit	26 WRAP IT UP! Chicken Salad Wrap with Lettuce & Tomato Or Buffalo Chicken Wrap with Blue Cheese, Lettuce & Tomato Side of Chickpea Salad Seasonal Fruit
29 CALZONE MONDAY Homemade Cheese or Pepperoni Calzone Caesar Salad	30 SOUP/SANDWICH COMBO Grilled Cheese & Tomato Soup Steamed Carrots Seasonal Fruit	31 HALLOWEEN Turkey Frank Mummy Dogs Carrot Stick Fingers Pumpkin Bread		

Deli Bar: Turkey & Cheese, Ham & Cheese, Roast Beef & Cheese, Italian Sub, Tuna Salad, Chicken Salad

Pizza Bar (Offered M/W/F): Cheese, Pepperoni & Specials

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