





<u>Meal Pricing</u>
<u>Breakfast:</u> \$1.25 full price; \$.25 Reduced Price
<u>Lunch:</u> \$2.75 Full Price; \$.40 Reduced Price
<u>Milk:</u> \$.50
<u>Adult:</u> Breakfast \$1.75; Lunch \$3.00;
<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

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 PIZZA MONDAY</p> <p>Homemade Pizza Variety: Cheese, Chicken Pepperoni, or Green Peppers & Onions Greek Salad Seasonal Fruit</p>	<p>2 BRUNCH FOR LUNCH</p> <p>Egg, Ham & Cheese Croissant-Wich Sweet Potato Tots Seasonal Fruit</p>	<p>3 ITALIAN DELIGHT</p> <p>Italian Sampler! 3 Meatballs, 2 Mozzarella Sticks & A Slice of Texas Garlic Toast w/ Marinara Dipping Sauce Steamed Green Beans Seasonal Fruit</p>	<p>4 AMERICAN FARE</p> <p>Hot & Spicy Chicken Wrap w/ Lettuce, Tomato Potato Wedges Seasonal Fruit</p>	<p>5 FIESTA FRIDAY</p> <p>Burrito - Mexican Seasoned Beef or Turkey, or Chicken, Steamed Brown Rice, Salsa, Corn, Black Beans, Salsa, Shredded Cheese & Tortilla Chips Seasonal Fruit</p>
<p>8 NO SCHOOL</p> 	<p>9 MEDITERRANEAN MEDLEY</p> <p>Greek Chicken Wrap W/ Hummus Feta, Lettuce & Tomato Fresh Carrots Seasonal Fruit</p>	<p>10 PANINI PRESS</p> <p>Italian Combo Panini on a WW Flatbread Steamed Green Beans Seasonal Fruit</p>	<p>11 SOUTHERN COOKIN'</p> <p>Pulled Pork on a WW Bun Oven Baked Fries Seasonal Fruit</p>	<p>12 TASTE OF ASIA</p> <p>Noodle Bowl! Teriyaki Grilled Chicken Strips WW Noodles, Vegetable Medley BONUS: Fortune Cookie Side of a Three Bean Medley Seasonal Fruit</p>
<p>15 CALZONE MONDAY</p> <p>Homemade Cheese or Pepperoni Calzone Broccoli & Craisin Salad Seasonal Fruit</p>	<p>16 BRUNCH FOR LUNCH</p> <p>WW Pancakes w/ Maple Syrup w/ Turkey Sausage & Scrambled Eggs Sweet Potato Tots</p>	<p>17 ITALIAN DELIGHT</p> <p>Beef/Chicken Meatballs on a WW Sub Roll Steamed Green Beans Seasonal Fruit</p>	<p>18 AMERICAN FARE</p> <p>Breaded Chicken Macaroni & Cheese Steamed Peas Seasonal Fruit</p>	<p>19 FIESTA FRIDAY</p> <p>Chicken & Cheese Quesadilla Corn, Black Beans, Salsa Seasonal Fruit</p>
<p>22 PIZZA MONDAY</p> <p>Sal's North End Style Pizza Caesar Salad Seasonal Fruit</p>	<p>23 SOUTHERN COOKIN'</p> <p>Oven Baked BBQ Chicken Corn Bread Steamed Carrots Seasonal Fruit</p>	<p>24 WILD CARD</p> <p>Wings of Fire 2 WW Dinner Rolls Steamed Green Beans Seasonal Fruit</p>	<p>25 Build Your Own... BAKED POTATO BAR!</p> <p>Broccoli, Cheddar Cheese Sauce, Sour Cream, & (Chicken) Bacon Steamed Corn Texas Style Toast Seasonal Fruit</p>	<p>26 WRAP IT UP!</p> <p>Chicken Salad Wrap with Lettuce & Tomato Or Buffalo Chicken Wrap with Blue Cheese, Lettuce & Tomato Side of Chickpea Salad Seasonal Fruit</p>
<p>29 PIZZA MONDAY</p> <p>Homemade Pizza Variety: Cheese, Chicken Pepperoni, or BBQ Chicken Pizza Romaine Garden Salad</p>	<p>30 SOUP/SANDWICH COMBO</p> <p>Grilled Cheese & Tomato Soup Steamed Carrots Seasonal Fruit</p>	<p>31 HALLOWEEN</p> <p>Turkey Frank Mummy Dogs Carrot Stick Fingers Pumpkin Pie Seasonal Fruit</p>		
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

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!

Combo Lunch Choice of the day (below) include milk, fresh fruit or fruit cup or 100% fruit juice and vegetable choice(s) of the day.