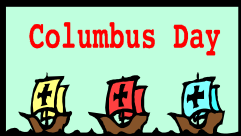


Quincy Public Schools, Food Service Department

Secondary School Lunch Menu for October 1-26, 2012

All Lunches include an 8 oz. serving of Milk . Choices include fat free or 1 % white or fat free chocolate.
 All lunches include daily selections of 100% Fruit Juice, Fresh Seasonal Fruit, Fruit Cup and Baby Carrots.
 Full price charge for lunch is \$2.35 at Middle Schools and \$2.50 at High Schools. Reduced price lunch is 40 cents.
 Breakfast is served each day at all schools. Full price charge for breakfast is \$1.25, reduced price breakfast is .25 cents.
 Menus are available online and are subject to change due to emergencies.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sal's North End Pizza 1 Romaine Tossed Salad Fresh Fruit 100% Fruit Juice Baby Carrot Snack	Romaine Caesar Salad 2 Grilled Chicken and Chickpeas Creamy Parmesan Dressing Whole Wheat Tortilla Strawberries in a Cup	Barbecue Pulled Turkey 3 on a WG Bun Cowboy Bean Salsa Oven Fry Potatoes	Oven Baked Chicken 4 Roast Sweet Potatoes Green Beans WG Dinner Roll	Whole Wheat Pancakes 5 Pork Sausage Patty Hot Cinnamon Apple Slices Maple Syrup Carrot/Celery Sticks
 Columbus Day 8 No School	Early Release Middle and High 9 Tangerine Chicken over Brown Rice Oriental Vegetables Broccoli, Fortune Cookie	Grilled Hot Dog 10 on a Bun Baked Beans Carrot/Cabbage Coleslaw	Baked Potato with 11 Broccoli and Cheese Sauce Chicken Tender Whole Wheat Dinner Roll	Teriyaki Beef Tips 12 Mashed Potatoes Green Peas and Carrots WG Dinner Roll
WG Double Stuff Pizza 15 Romaine Tossed Salad Fresh Fruit 100% Fruit Juice Baby Carrot Snack	School Baked 16 Lasagna with Beef and Tomato Sauce Green Beans	Beef Burger w/wo Cheese 17 on a WW Bun Broccoli Salad Seasoned Potato Wedges	Chicken Fajita over 18 Spanish Rice with Red Beans Green Peas and Carrots WG Dinner Roll	Colby Cheese Omelet 19 WW Goldfish Flatbread Baby Spinach/Romaine Salad Cup of Tomato Soup
WG Real Slice Pizza 22 Romaine Tossed Salad Fresh Fruit 100% Fruit Juice Baby Carrot Snack	Early Release Middle Schools 23 WG Totally Taco Quesadillas Mexicalli Corn w/ red peppers Green Beans	Beef Meatball Submarine 24 with tomato sauce Steamed Spinach Green Peas	Barbecue Cuban 25 Pork Sandwich Carrot Raisin Salad Seasoned Oven Fry Potatoes	Macaroni and Cheese 26 Crispy Chicken Tenders Carrot Coins WW Bread Stick
Daily Alternative Lunch Choice (also include milk, fresh fruit , fruit cup, 100% fruit juice and vegetable choices of the day)				
Ham and Cheese or Turkey WG Submarine Sandwich	Chicken Patty on a WG Bun	Whole Grain Pizza Wedge	Beef Burger w/wo Cheese on a WG Bun	Breaded Pollock Wedge on a WG Bun

Households may apply for free or reduced price meals at any time during the school year. Application forms are available at each school and online at www.quincypublicschools.com.

Substitute Cafeteria Helpers needed for the Middle and High School Level. Contact the Food Service Office at 984-8768 for information.