

# QUINCY JUNIOR HIGH LUNCH MENU

January 2016



Favorite Comfort Foods & International Flavors. Salad bar included.



Cold Sandwiches &  
Salads Made Fresh  
Your Way

**Specials**  
**Monday**

Turkey Bacon Avocado

**Tuesday**

California Ham Hoagie

**Wednesday**

Chipotle BBQ Chicken Wrap

**Thursday**

Turkey Apple Swiss Hoagie

**Friday**

Cranberry Apple

Chicken Salad Sandwich

**Served Daily**

Turkey & Cheese

Ham & Cheese



**Monday**

Mixed Salad Greens

Fresh Apples

Chilled Peaches

Broccoli & Cauliflower

**Tuesday**

Mixed Salad Greens

Bananas

Chilled Applesauce

Carrot & Celery Sticks

Corn & Black Bean Salad

**Wednesday**

Mixed Salad Greens

Fresh Oranges

Chilled Pears

Cucumber Coins

Caesar Salad

**Thursday**

Mixed Salad Greens

Locally Grown Pears

Chilled Mixed Fruit

Bell Pepper Strips

Red Kidney Beans

**Friday**

Mixed Salad Greens

Kiwi Fruit

Chilled Pineapple

Tomato Wedges

Fresh Fruit Salad

2	3	4	5	6
	Cinnamon Glazed French Toast Sausage Links Scrambled Eggs Blueberries Tots	Popcorn Chicken Bowl!  Dinner Roll Corn Mixed Veggies Fries	Teriyaki Chicken Bowl!  Peas Seasoned Carrots Sweet Potato Fries	Philly Cheese Steak Sandwiches Broccoli & Cauliflower Carrots Crinkle Cut Fries
9	10	11	12	13
Mac & Cheese With Diced Ham  Greek Marinated Veggies Corn Tots	Asian Sweet & Sour Chicken  Lo Mein Noodles Mixed Veggies Peas Potato Wedges	BURGER BAR!! Broccoli Potato Wedges or Fries	Mini Cheese Ravioli Marinara or Alfredo Sauce Dinner Roll Sweet Potatoes & Apples Peas & Carrots Potato Wedges	Chicken Alfredo Dinner Roll  Broccoli & Cauliflower Seasoned Corn Sweet Potato Fries
16	17	18	19	20
	Mexican Beef Lasagna  Peas & Carrots Broccoli Sweet Potato Fries	Chicken & Veggie Stir Fry  Over Brown Rice Peas Roasted Carrot Fries Potato Wedges	Cinnamon Glazed French Toast Sausage Links Scrambled Eggs Blueberries Tots	Chicken Fajita Wrap  Refried Beans Salsa Crinkle Cut Fries
23	24	25	26	27
General Tso Chicken Fried Rice Asian Veggie Blend Broccoli Tots	Salisbury Steak Mashed Potatoes Dinner Roll Steamed Carrots Broccoli & Cauliflower	Italian Meatball Subs! Sweet Peas Tots or Sweet Potato Fries	Chicken & Veggie Stir Fry  Over Brown Rice Peas Roasted Carrot Fries Potato Wedges	<b>No School!</b>
30	31			
Popcorn Chicken Bowl! Dinner Roll Corn Mixed Veggies Fries	BURGER BAR!! Broccoli Potato Wedges or Fries			



Classic cheese pizza and Pepperoni pizza served daily  
All pizzas made w/ reduced fat cheese & whole grain crust.  
Includes daily salad bar.

**DailySpecials**

Monday: French Bread Pizza  
Tuesday: Pepperoni Calzone  
Wednesday: Hawaiian Pizza  
Thursday: Sausage Calzone  
Friday: Meat Lovers Pizza



Lean beef burgers w/ cheese, whole grain corn dogs, bean & cheese burritos, breaded chicken sandwiches served daily.  
Includes daily potato choice and salad bar.  
Now Serving Nacho Bar on Tuesdays & Thursdays

**Daily Specials**

Monday: Popcorn Chicken w/Roll  
Tuesday: Tuscan Chicken Sandwich  
Wednesday: Southwestern Cheeseburger  
Thursday: Cheesy Hot Dog Twist  
Friday: Chicken Bacon Cheddar Melt



Fresh Food Fast - Packaged for Grab N' Go  
Salads served with a dinner roll  
Chef Salad Served Daily

**Daily Specials**

Monday: Caribbean Salad  
Tuesday: Caesar Salad  
Wednesday: Beef or Chicken Taco Salad  
Thursday: Spicy Thai Noodle Salad  
Friday: Strawberry Chicken Salad

Milk:  
1% white and Non-fat chocolate milk offered daily with lunch

USDA and this institution are equal opportunity providers and employers.



nutrislice

Download the nutrislice App on your phone for easy access to our menus!  
Through Nutrislice the menus stay the most updated!

View Your School's Menu at <http://qsd.nutrislice.com>