


# July 2023

Menu is subject to change. Please contact the School Nutrition office with questions or comments—617-984-8768.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Yogurt String Cheese Chocolate Chip Muffin Fresh Apple 100% Orange Juice	 Tuna Salad on WW Bun Carrots with Ranch Dressing 100% Strawberry Kiwi Juice	Muffin Variety Assorted Cereal Yogurt String Cheese 100% Fruit Punch Juice Grapes	Chef Salad with Turkey & Cheese WW Croutons Raisins/Dried Cranberries	No Nut Butter Meal Kit Peach Cup
10	11	12	13	14
Yogurt String Cheese Chocolate Chip Muffin Fresh Apple 100% Orange Juice	Tuna Salad on WW Bun Carrots with Ranch Dressing 100% Strawberry Kiwi Juice	Ham & Cheese on WG Sub Roll Mayo Packet Pineapple 100% Fruit Punch Juice	Chef Salad with Ham & Cheese WW Pretzels Raisins/Dried Cranberries	No Nut Butter Meal Kit Peach Cup
17	18	19	20	21
Pizza Lunchable Fresh Apple 100% Orange Juice	Ham & Cheese on WW Bun Celery Sticks with Ranch Dressing 100% Strawberry Kiwi Juice	Deli Turkey & Cheese on WW Bun Grapes 100% Fruit Punch Juice	Garden Salad Cheddar Cheese Cubes WW Croutons Hummus Cup Fresh Apple	No Nut Butter Meal Kit Peach Cup
24	25	26	27	28
Strawberry Banana Smoothie WW Mini Waffles String Cheese 100% Orange Juice	Chicken Salad on WW Sub Roll Carrots with Ranch Dressing 100% Strawberry Kiwi Juice	Ham & Cheese on WG Sub Roll Mayo Packet Pineapple 100% Fruit Punch Juice	Chef Salad with Turkey & Cheese WW Pretzels Raisins/Dried Cranberries	Sunbutter & Jelly Uncrustable String Cheese Raisins Peach Cup
31	<p><b>LUNCH IS SERVED MONDAY - FRIDAY FROM 11AM-1PM!</b></p> <p>Lunches are free for kids 18 years old and under. This is a congregate feeding program. Kids must eat on site. Kids can go to any one of five locations across Quincy. There are no registration or income requirements to participate. All sites have outdoor recreation and playground activities nearby.</p> <p><b>SITE LOCATIONS: The Snug Harbor School gym entrance, The Ward II Community Center, The Lincoln Hancock School Cafeteria, The F.W. Parker School Cafeteria, The Montclair Elementary School gym</b></p>			
Yogurt String Cheese Chocolate Chip Muffin Apple, Fresh 100% Orange Juice				

Food Allergies: Meals have been prepared in a facility that is NOT allergy free. Meals may contain one or more of the following allergens - egg, fish, peanut, tree nut, soy, shellfish, and wheat.

"This institution is an equal opportunity provider"

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Salad on WG Sub Roll Celery Sticks with Ranch Dressing 100% Strawberry Kiwi Juice	2 Deli Turkey & Cheese on WW Bun Grapes 100% Fruit Punch Juice	3 Chef Salad with Ham & Cheese WW Pretzels Fresh Apple	4 Sunbutter & Jelly Uncrustable String Cheese Raisins Fresh Orange	
7 Anytimers Turkey Ham & Cheese Lunchable Fresh Apple 100% Orange Juice	8 Chicken Salad on WW Bun Carrots with Ranch Dressing 100% Strawberry Kiwi Juice	9 Ham & Cheese on WG Sub Roll Mayo Packet Pineapple 100% Fruit Punch Juice	10 Garden Salad with Cheese Cheddar Cheese Cubes Hummus Cup WW Pretzels Fresh Apple	11 Sunbutter & Jelly Uncrustable String Cheese Raisins Peach Cup
14 Strawberry Banana Smoothie WW Mini Waffles String Cheese 100% Orange Juice	15 Ham & Cheese on WG Sub Roll Celery Sticks with Ranch Dressing 100% Strawberry Kiwi Juice	16 Deli Turkey & Cheese on WW Bun Grapes 100% Fruit Punch Juice	17 Chef Salad with Turkey & Cheese WW Pretzels Fresh Apple	18 Sunbutter & Jelly Uncrustable String Cheese Raisins Peach Cup  <i>Last day! Thanks for a great summer.</i>
21	<b>LUNCH IS SERVED MONDAY - FRIDAY FROM 11AM-1PM!</b>			
	Lunches are free for kids 18 years old and under. This is a congregate feeding program. Kids must eat on site. Kids can go to any one of five locations across Quincy. There are no registration or income requirements to participate. All sites have outdoor recreation and playground activities nearby.			
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28	29	30	31	

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