

# OCTOBER 2022

## Medford Public Schools

[Enter Menu Details]

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
 MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
WG Mozzarella Sticks Marinara Sauce WG Roll Roasted Carrots Mixed Fruit <b>3</b>	All Beef Hot Dog On WG Bun WG Soft Pretzel Nuggets Veg Baked Beans Orange <b>4</b>	No School <b>5</b>	WG Chicken Nuggets WG Roll Steamed Broccoli Peaches <b>6</b>	Hamburger or Cheeseburger On WG Bun Sweet Potato Fries Apples <b>7</b>
No School <b>10</b>	Beef Nacho Plate Black Beans Corn Salsa Oranges <b>11</b>	Cheesy Chicken Whole Grain Ziti With Broccoli Peaches <b>12</b>	WG Pizza Crunchers Marinara Dipping Sauce WG Roll Green Beans Mixed Fruit <b>13</b>	BBQ Beef Sandwich On WG Bun Sweet Potato Fries Pears <b>14</b>
Grilled Cheese Sandwich On WG Bread Roasted Carrots Strawberry Cup <b>17</b>	Chicken Taco Plate Brown Rice Salsa Black Beans and Corn Apple <b>18</b>	Meatball Sub On WG Roll Italian Green Beans Oranges <b>19</b>	WG Chicken Nuggets WG Roll Steamed Broccoli Peaches <b>20</b>	Hamburger or Cheeseburger On WG Bun Sweet Potato Fries Mixed Fruit <b>21</b>
Chicken Patty Sandwich On WG Bun Vegetarian Beans Apple <b>24</b>	WG Macaroni & Cheese Steamed Broccoli Pears <b>25</b>	WG French Toast Sticks With Syrup V Blend 100% Juice Blueberries <b>26</b>	Teriyaki Chicken Over Brown Rice Carrots And Peas Mixed Fruit <b>27</b>	Baked Fish Sandwich On WG Bun Wedge Fries Oranges <b>28</b>
WG Mozzarella Sticks Marinara Sauce WG Roll Roasted Carrots Mixed Fruit <b>31</b>				

All lunches include choice of milk: low fat white, fat-free white, chocolate, or lactose-free milk on request. This school lunch menu is subject to change.

This institution is an equal opportunity employer.