

MARCH 2023

Medford Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday



6
 Grilled Cheese Sandwich
 On WG Bread
 Roasted Carrots
 Tomato Soup
 Pears

7
 Meatball Marinara
 WG Sub
 Three Bean Salad
 Apples

1
 All Beef Hot Dog
 On WG Roll
 Veg Baked Beans
 Apples

8
 Early Release
 Cheesy Chicken
 Whole
 Grain Ziti
 With Broccoli
 Peaches

2
 WG Chicken Nuggets
 WG Roll
 Roasted Carrots
 Peaches

9
 Hamburger or
 Cheeseburger
 On WG Bun
 Wedge Fries
 Mixed Fruit

3
 WG Mozzarella Sticks
 Marinara Sauce
 WG Roll
 Green Beans
 Mixed Fruit

10
 Chicken Patty
 Sandwich On WG Bun
 Mixed Vegetable
 Oranges

13
 WG Chicken Nuggets
 WG Roll
 Roasted Carrots
 Pears

14
 Steak and Cheese
 On WG Sub Roll
 Wedge Fries
 Apples

15
 Whole Grain Penne
 With Meatball Marinara
 Broccoli
 Oranges

16
 BBQ Beef Patty
 On WG Bun
 Sweet Potato Fries
 Mixed Fruit

17
 WG French Toast
 Sticks With Syrup
 V Blend 100% Juice
 Baked Beans
 Peaches

20
 WG Macaroni
 & Cheese
 Steamed Broccoli
 Mixed Fruit

21
 Beef Nacho Plate
 Black Beans
 Corn
 Salsa
 Peaches

22
 Orange Ginger
 Chicken
 Brown Rice
 Broccoli
 Oranges

23
 Chicken Patty
 Sandwich On WG Bun
 Three Bean Salad
 Apples

24
 Sloppy Joe
 On WG Bun
 Sweet Potato Fries
 Pears

27
 WG French Toast
 Sticks With Syrup
 V Blend 100% Juice
 Baked Beans
 Peaches

28
 Turkey and Cheese
 Flatbread Melt
 Broccoli
 Oranges

29
 Pasta With
 Meat Sauce
 Side salad with dressing
 Pears

30
 Hamburger or
 Cheeseburger
 On WG Bun
 Sweet Potato Fries
 Mixed Fruit

31
 WG Mozzarella Sticks
 Marinara Sauce
 WG Roll
 Green Beans
 Apples

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.