

# October 2023

## Medford Public Schools 9-12 Lunch Menu

Please note that while the first meal is free, second meals, single milks, and single fruits or vegetables, unfortunately, are **not free**. We apologize for any confusion & inconvenience.

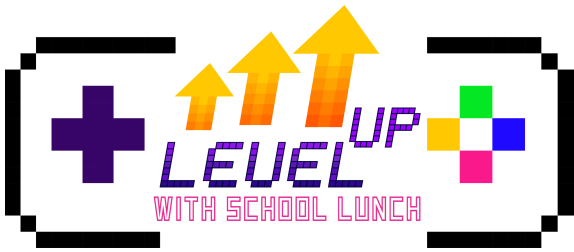


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Popcorn Chicken &amp; Dutch Waffle*</b> Baby Carrots Fruit Selection	3 <b>Beef Riblet</b> on a Bun* French fries Local Apple	4 <b>Penne* &amp; Meat Sauce</b> Garlic Knot* Green Beans Fruit Selection	5 <b>Chicken Enchilada Empanada*</b> Apple & Jicama slaw Fresh Strawberries	6 <b>Mozzarella Sticks*</b> w/ marinara Local Garden Salad Dinner Roll* Fruit Selection
9 <b>Columbus Day</b> Indigenous Peoples Day	10  <b>Cheese or Pepperoni Pizza*</b> Local Garden Salad Fruit Selection	11 <b>Egg &amp; Cheese Croissant*</b> Tater Tots Local Asian pear	12 <b>Mac* &amp; Cheese</b> Local Summer Squash Rice Krispie Treat* Fruit Selection	13 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Ranchero Beans Fruit Selection
16 <b>Chicken Nuggets*</b> Dinner Roll* Mashed Potatoes Corn Fruit Selection	17 <b>Beef &amp; Cheese Nachos*</b> Spanish-style Rice Marinated Black Bean Salad Local Lettuce & Tomato, Salsa & Sour Cream Fruit Selection	18 <b>Early Release!</b> <b>Sunbutter &amp; Jelly Sandwich* or Soft Pretzel* &amp; Cheese cup</b> Carrots & Apple Slices	19 <b>Alfredo Pasta Primavera*</b> Garlic Knot* Local Garden Salad Fruit Selection	20 <b>Chicken Patty Sandwich*</b> w/ Local Lettuce & Tomato & Pickles Corn on the Cob Fruit Selection
23 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Ranchero Beans Fruit Selection	24 <b>Penne* &amp; Meat Sauce</b> Garlic Knot* Green Beans Fruit Selection	25 <b>French Toast Sticks*</b> w/ syrup Tater Tots Fresh Blueberries	26 <b>Chicken Tikka Masala</b> w/ Flatbread* & Basmati Rice Roast Local Cauliflower Fruit Selection Oreos	27 <b>Cheese or Pepperoni Pizza*</b> Local Pear & Spring Mix Salad Fruit Selection
30 <b>Popcorn Chicken &amp; Dutch Waffle*</b> Celery Sticks Fruit Selection	31 <b>All-Beef Hot Dog on Bun*</b> Veg Baked Beans Pumpkin Pie Pudding Fruit Selection	Nov 1 <b>Mac* &amp; Cheese</b> Local Broccoli Breadstick* Local Pear	Nov 2 <b>Creole-Style Fish Sandwich*</b> w/ Local Lettuce & Tomato French Fries Fruit Selection	Nov 3 <b>Mozzarella Sticks*</b> w/ marinara Local Garden Salad Dinner Roll* Fruit Selection

\*Whole-grain rich item

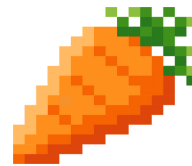
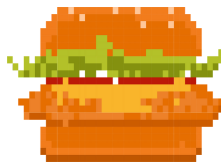
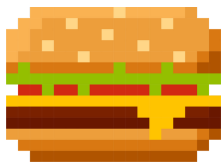
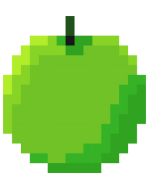
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## October 9-13 is National School Lunch Week!

Did you know... we serve over 2,500 meals every day! School meals provide a variety of fruits & vegetables daily, making sure that those meals not only appeal to kids, but help fuel their growing bodies and support their learning.



YOU WIN!

### Grades K-5 Daily Alternative Menu Options:

Cheese Pizza

Sunbutter & Jelly Sandwich w/ cheese stick & Scooby snacks

Turkey & Cheese Sandwich w/ potato chips

### Grades 6-12 Daily Alternative Menu Options:

Cheese Pizza

Sunbutter & Jelly Sandwich w/ cheese stick & 88 Acres granola bar

Turkey & Cheese Sub w/ potato chips

Hummus w/ Pita bread, carrot sticks, & honey roasted sunflower seeds



## TALK TO US

call: 781-393-2241

email: meals@medford.k12.ma.us

## We're Hiring!

### Come work with us!!

- School holidays & breaks off
- Flexible Schedule
- Summers off
- Scan to apply



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