

# January 2024

## Medford Public Schools K-8 Lunch Menu

Please note that while the first meal is free, second meals, single milks, and single fruits or vegetables are **not free**.

And while we do our best to stick to it, menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>No School!</b> 1 	2 <b>Popcorn Chicken &amp; Dutch Waffle*</b> Baby Carrots Fruit Selection	3 <b>Mac* &amp; Cheese</b> Broccoli Breadstick* Mixed Fruit 	4 <b>Pulled Pork Sandwich*</b> French Fries Cole Slaw Fruit Selection	5 <b>Mozzarella Sticks*</b> w/ marinara Green Beans Dinner Roll*  Fruit Selection
8 <b>Cheese or Pepperoni Pizza*</b> Local Garden Salad Fruit Selection 	9 <b>Egg &amp; Cheese Croissant*</b> Tater Tots Banana 	<b>Early Release!</b> 10 <b>Turkey &amp; Cheese Sandwich* or Hummus &amp; Pita*</b> Apples & Carrots  Vblend juice box	11 <b>Meatball Sub*</b> Local Broccoli Fruit Selection	12 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection
<b>No School!</b> 15 	16 <b>Chicken &amp; Local Broccoli Ziti*</b> Local Garden Salad Fruit Selection	17 <b>Beef &amp; Cheese Nachos*</b> Marinated Black Bean Salad Local Lettuce & Tomato Salsa & Sour Cream Fruit Selection	18 <b>French Toast Sticks*</b> w/ syrup Potato Wedges Sliced Pears 	19 <b>Chicken Patty Sandwich*</b> Local Lettuce & Tomato Steamed Broccoli Fruit Selection
22 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection	23 <b>Chicken Enchilada Empanada*</b> Local Garden Salad Local Apple	24 <b>Korean Beef Bowl</b> w/ Seasoned Rice Local Kale Slaw Fruit Selection	25 <b>Chicken Nuggets*</b> Mashed Potatoes Corn Dinner Roll Fruit Selection	26 <b>Cheese or Pepperoni Pizza*</b> Local Garden Salad Fruit Selection 
29 <b>Popcorn Chicken &amp; Dutch Waffle*</b> Celery Sticks Fruit Selection	30 <b>Beef &amp; Bean Chili</b> Corn Bread* Local Garden Salad Fruit Selection	31 <b>Fish Sticks*</b> French Fries Scooby Snacks Fruit Selection	<b>Feb 1</b> <b>Penne* &amp; Meat Sauce</b> Local Broccoli Garlic Knot* Local Apple	<b>Feb 2</b> <b>Mozzarella Sticks*</b> w/ marinara Green Beans Dinner Roll*  Fruit Selection

 Ovo-lacto vegetarian option      \*Whole-grain rich item

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