

# January 2024

## 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 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 Garlic Knot* 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> Garlic Knot* Local Garden Salad 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>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> Yuca Fries 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>Creole-Style Fish Sandwich*</b> w/ Local Lettuce & Tomato French Fries 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

All meals include choice of milk, daily vegetable, baby carrots, and fruit selection.

 Ovo-lacto vegetarian option

\*Whole-grain rich item



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## Wondering about all of the 'local' produce offerings on the menu this year?

The MPS Food Services Department is committed to purchasing local fruits and vegetables whenever possible. Living in Massachusetts, our growing season is more limited than in other parts of the world, but we can still enjoy many locally-grown items, such as apples, lettuce, and root vegetables, year-round. Because of shorter shipping times, locally-grown produce is fresher and better for the environment. Supporting local growers keeps money in local economies, benefiting local communities by providing jobs and keeping money in local communities. And last -- but not least -- local tastes better!

### 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 & Reduced Fat Doritos   
Turkey & Cheese Sub w/ potato chips  
 Hummus w/ Pita bread, baby carrots, & roasted sunflower seeds

All meals include choice of milk, daily vegetable, baby carrots, and fruit selection.



## TALK TO US

call: 781-393-2241

email: meals@medford.k12.ma.us

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