


April 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
1 Popcorn Chicken & Dutch Waffle* Baby Carrots Fruit Selection	2 Meatball Sub* w/ Mozzarella Green Beans Diced Peaches	3 Mac* & Cheese Local Broccoli Breadstick* Fruit Selection 	4 General Tso's Chicken* Brown Rice* Spicy Edamame Fortune Cookie Fruit Selection	5 Mozzarella Sticks* w/ marinara Green Beans Dinner Roll*  Fruit Selection
8 Cheese or Buffalo Chicken Pizza* Local Garden Salad Fruit Selection 	 9 All Beef Hot Dog* Soft Pretzel Bites* French Fries Sour Raisins	 10 Eid Al Fitr 	11 Chicken Enchilada Empanada* Chili-Lime Slaw Local Apple	12 Hamburger* or Cheeseburger* w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection
 Spring Break!				
15 Chicken Nuggets* Corn Dinner Roll Fruit Selection 	16 Beef & Cheese Nachos* Marinated Black Bean Salad Local Lettuce & Tomato Salsa & Sour Cream Fruit Selection	17 French Toast Sticks* w/ syrup Local Potato Wedges Sliced Pears 	18 Chicken Tikka Masala Flatbread* Basmati Rice Steamed Broccoli Fruit Selection	19 Pulled Pork Sandwich* French Fries Cole Slaw Fruit Selection 
22 Chicken Nuggets* Corn Dinner Roll Fruit Selection	23 Beef & Cheese Nachos* Marinated Black Bean Salad Local Lettuce & Tomato Salsa & Sour Cream Fruit Selection	24 French Toast Sticks* w/ syrup Local Potato Wedges Sliced Pears 	25 Chicken Tikka Masala Flatbread* Basmati Rice Steamed Broccoli Fruit Selection	26 Pulled Pork Sandwich* French Fries Cole Slaw Fruit Selection 
29 Hamburger* or Cheeseburger* w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection	30 Local Baked Potato w/ Broccoli & Cheese Dinner Roll  Fruit Selection	May 1 Egg & Cheese Croissant* Tater Tots Diced Peaches 	May 2 Penne* & Meat Sauce Green Beans Garlic Knot* Local Apple	May 3 Chicken Patty Sandwich* Local Lettuce & Tomato Steamed Carrots 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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Eating With The Season: Spring!



The month of April and the start of Spring brings so many fresh and bright fruits and vegetables! Here is a list of some in-season fruits and veggies to try this month:

- Apricots
- Asparagus
- Beets
- Broccoli
- Carrots
- Celery
- Collard Greens
- Kale
- Lettuce
- Radish
- Rhubarb
- Strawberries
- Swiss Chard
- Turnips

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

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

We're Hiring! Come work with us!!

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



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