

# April 2024

## Medford Public Schools K-8 Lunch Menu

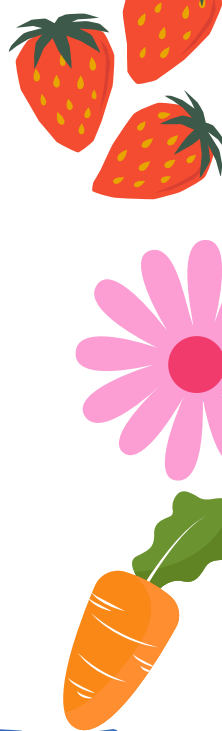
Please note that while the first meal is free, second meals, single milks, and single fruits or vegetables are **not free**.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Popcorn Chicken &amp; Dutch Waffle*</b> Baby Carrots Fruit Selection	2 <b>Meatball Sub* w/ Mozzarella</b> Green Beans Diced Peaches	3 <b>Mac* &amp; Cheese</b> Local Broccoli Breadstick* Fruit Selection 	4 <b>Orange Chicken*</b> Brown Rice* Mixed Vegetables Fortune Cookie 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>All Beef Hot Dog*</b> Soft Pretzel Bites* French Fries Sour Raisins	 10 <b>Eid Al Fitr</b>	11 <b>Chicken Enchilada Empanada*</b> Cole Slaw Local Apple	12 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection
 <b>Spring Break!</b>				
15	16	17	18	19
22 <b>Chicken Nuggets*</b> Corn Dinner Roll Fruit Selection	23 <b>Beef &amp; Cheese Nachos*</b> Marinated Black Bean Salad Local Lettuce & Tomato Salsa & Sour Cream Fruit Selection	24 <b>French Toast Sticks*</b> w/ syrup Local Potato Wedges Sliced Pears 	25 <b>Chicken Tikka Masala</b> Flatbread* Basmati Rice Steamed Broccoli Fruit Selection	26 <b>Cheese or Pepperoni Pizza*</b> Local Garden Salad Fruit Selection 
29 <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles Veg Baked Beans Fruit Selection	30 <b>Local Baked Potato</b> w/ Broccoli & Cheese Dinner Roll Fruit Selection 	May 1 <b>Egg &amp; Cheese Croissant*</b> Tater Tots Diced Peaches 	May 2 <b>Penne* &amp; Meat Sauce</b> Green Beans Garlic Knot* Local Apple	May 3 <b>Chicken Patty Sandwich*</b> 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
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