



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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