

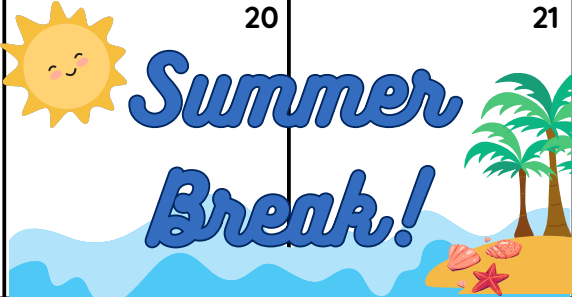


June 2024

Medford Public Schools 6-12 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
3 Mozzarella Sticks* w/ Marinara Dinner Roll* Local Garden Salad Fruit Selection V	4 Hamburger* or Cheeseburger* w/ Local Lettuce & Tomato & Pickles Sweet Potato Fries Fruit Selection	5 Popcorn Chicken & Dutch Waffle* Local Kale Slaw Fruit Selection	6 Beef & Cheese Nachos* Black Bean Salad Local Lettuce & Tomato Sour Cream Fruit Selection	7 Meatball Sub* Celery Sticks w/Ranch Fruit Slush
10 Jamaican Beef Patty* Cucumber w/Ranch Fruit Selection	11 French Toast Sticks* Potato Wedges Fruit Selection V	12 Chicken Patty Sandwich* Local Lettuce & Tomato Sweet Potato Fries Fruit Selection	13 Early Release Hummus, Cheese Cubes, Pita Bread* Apple Slices Baby Carrots V	14 Early Release Sunbutter & Jelly Sandwich* String Cheese Reduced Fat Doritos Apple Slices V
17 Eid al-Adha 	18 Early Release Baked Tostitos* & Cheese Cup Salsa Cup Sour Blue-Raspberry Raisins V	19 Juneteenth 	20-21 Summer Break! 	



Free Summer meals are available all summer long, across the state. Meals are available to any child aged 18 and under, with no application or other information needed! Find out where free meals are being served here:

www.projectbread.org/summer-eats-program

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

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



Keep local produce a part of your meals with the Medford Farmers Market!

The Medford Farmers Market opens for the 2024 season on Thursday, June 6 and runs weekly through October 17th (no market July 4). The market is located at Condon Shell Park (Mystic Valley Pkwy).

Shop local produce, bread and baked goods, meat and eggs, cheese, honey, coffee, flowers, and more!

SNAP/EBT accepted! SNAP match up to \$30 every week!!

Grades K-5 Daily Alternative Menu Options:

Cheese Pizza **V**

Sunbutter & Jelly Sandwich w/ cheese stick & Scooby snacks **V**

Turkey & Cheese Sub w/ potato chips

Grades 6-12 Daily Alternative Menu Options:

Cheese Pizza **V**

Sunbutter & Jelly Sandwich w/ cheese stick & Reduced Fat Doritos **V**

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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