

# August & September 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**.

Add student account funds at [family.schoolcafe.com](http://family.schoolcafe.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Aug 26</p> 	<p>Aug 27</p> <p><b>Chicken Enchilada Empanada*</b> Corn Fruit Selection</p>	<p>Aug 28</p> <p><b>French Toast Sticks*</b> Tater Tots Fruit Slush</p> <p>V</p>	<p>Aug 29</p> <p><b>Chicken Patty Sandwich*</b> Local Lettuce &amp; Tomato Cucumbers &amp; Ranch Fruit Selection</p>	<p>Aug 30</p>  <p><b>No School!</b></p>
<p>Sept 2</p>  <p><b>Labor Day!</b></p>	<p>3</p> <p><b>Popcorn Chicken* &amp; Dutch Waffle*</b> Baby Carrots Fruit Selection</p>	<p>4</p> <p><b>Bento Box</b> Cheese cubes Crackers* Grape Tomatoes Apple Slices</p> <p>V</p>	<p>5</p> <p><b>Chicken Tikka Masala</b> Flatbread* Basmati Rice Roasted Broccoli Fruit Selection</p>	<p>6</p> <p><b>Beef or Veggie Burgers*</b> w/ Local Lettuce &amp; Tomato &amp; Pickles Veg Baked Beans Plum</p> <p>V</p>
<p>9</p> <p><b>Chicken Tenders*</b> Sweet &amp; Sour Sauce French Fries Fruit Selection</p>	<p>10</p> <p><b>Mac &amp; Cheese*</b> Garlic Bread Green Beans Local Apple</p> <p>V</p>	<p>11</p> <p><b>Orange Chicken*</b> Brown Rice* Steamed Broccoli Fortune Cookie Fruit Selection</p>	<p>12</p> <p><b>Breaded Mini Ravioli*</b> w/ Marinara cup Garden Salad Mixed Fruit</p> <p>V</p>	<p>13</p> <p><b>Grilled Chicken Breast Marmita</b> Brown Rice* Black Beans Vinagrete Fruit Selection</p>
<p>16</p> <p><b>Popcorn Chicken*</b> Dippin' Sauce Dinner Roll* Mashed Potatoes Fruit Selection</p>	<p>17</p> <p><b>Egg &amp; Cheese Croissant*</b> Tater Tots Diced Peaches</p> <p>V</p>	<p><b>Early Release!</b></p> <p>18</p> <p><b>Super Snack Pack</b> Scooby Snacks Chocolate Hummus Veg Juice Box Apple Crisps</p> <p>V</p>	<p>19</p> <p><b>Chicken Fajita Burrito Bowl*</b> Brown Rice* Seasoned Black Beans Local Lettuce, Tomato Salsa &amp; Sour Cream Fruit Selection</p>	<p>20</p> <p><b>Pepperoni or Cheese Pizza*</b> Local Garden Salad Watermelon</p> <p>V</p>
<p>23</p> <p><b>Chicken Drumstick</b> Brown Rice* Plantains Orange</p>	<p>24</p> <p><b>Beef &amp;/or Bean Nachos*</b> Cheese Sauce Sour Cream Fruit Selection</p> <p>V</p>	<p>25</p> <p><b>Chicken Ranch Wrap</b> w/ Local Lettuce Mixed Fruit</p>	<p>26</p> <p><b>Ramen Noodle* Bowl w/ Egg</b> Mixed Vegetables Local Apple</p> <p>V</p>	<p>27</p> <p><b>Mozzarella Sticks*</b> w/ Marinara cup Baked Apples</p> <p>V</p>

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

V Ovo-lacto vegetarian option

\*Whole-grain rich item

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