

October 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept 30 Chicken Patty Sandwich* Local Lettuce & Tomato Carrots & Ranch Fruit Selection	Oct 1 Ramen Noodle Bowl w/ Egg* Corn & Edamame Fruit Selection 	Oct 2 Meatball Sub w/ cheese Green Beans Local Apple	Oct 3  Rosh Hashanah!	Oct 4 Chicken Enchilada Empanada* Plantains Strawberry Applesauce
7 Breaded Mini Ravioli* w/ Marinara cup Fruit Selection 	8 Popcorn Chicken* & Dutch Waffle* Garden Salad Diced Pears	9 Mac & Cheese* Garlic Bread Green Beans Local Apple 	10 Chicken Tikka Masala Basmati Rice* Flatbread* Roasted Broccoli Fruit Selection	11 Roast Beef Marmita Brown Rice* Black Beans Vinagrete Fruit Selection
14 Columbus Day Indigenous Peoples Day 	15 Chicken Tenders* Sweet & Sour Sauce French Fries Baked Apples 	16 Early Release! Bento Box Popcorn Chicken Cheese cubes Crackers* Apple Slices Baby Carrots 	17 General Tso's Chicken* Brown Rice* Steamed Broccoli Fortune Cookie Fruit Selection	18 Chicken or Cheese Quesadilla* Local Curtido Salsa, Sour Cream & Guacamole Fruit Selection
21 Popcorn Chicken* Barbecue Sauce Mashed Potatoes Fruit Selection	22 Beef & Cheese Nachos* Refried Beans Sour Cream Fruit Selection	23 Chicken and Broccoli Ziti* Garlic Bread* Local Apple	24 BBQ Chicken or Veggie Pizza* Local Garden Salad Pear Crisp 	25 Chicken Fajita Burrito Bowl* Brown Rice* Seasoned Black Beans Local Lettuce, Tomato Salsa & Sour Cream Fruit Selection
28 Beef or Veggie Burgers w/ Local Lettuce, Tomato & Pickles French Fries Plum	29 Egg & Cheese Croissant* Tater Tots Mixed Fruit 	30 Chicken Drumstick Seasoned Brown Rice* Local Cole Slaw Orange	31 Mummy Dog Veg Baked Beans Pumpkin Pretzel* Fruit Selection	Nov 1 Mozzarella Sticks* w/ Marinara cup Baked Apples 

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

 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.

Happenings this Month



The only thing better than fresh fruits and vegetables is LOCAL fruits and vegetables! October is **National Farm to School Month**, and we're celebrating with mobile farmer's markets, and lots of local produce, oats, and yogurt.

October 14-18 is National School Lunch Week!

National School Lunch Week celebrates the importance of healthy and nutritious meals for students, promoting better learning and overall well-being. This year we will be celebrating with guest servers and new menu items.



Grades K-5 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Ham & Cheese Sandwich

Grades 6-8 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Ham & Cheese Sandwich
Grab & Go Salads (Tues - Thurs)



TALK TO US

meals@medford.k12.ma.us

Grades 9-12 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Variety of Hot & Cold Sandwiches
Grab & Go Salads

(Vegetarian & Vegan sandwiches & salads offered daily)