

# October 2024

## Medford Public Schools K-5 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
<b>Sept 30</b> <b>Chicken Patty Sandwich*</b> Local Lettuce & Tomato Carrots & Ranch Fruit Selection	<b>Oct 1</b> <b>French Toast Sticks*</b> Tater Tots Mandarin Orange	<b>Oct 2</b> <b>Pasta &amp; Meatballs</b> Green Beans Local Apple	 <b>Rosh Hashanah!</b>	<b>Oct 4</b> <b>Chicken Enchilada Empanada*</b> Plantains Strawberry Applesauce
<b>7</b> <b>Breaded Mini Ravioli*</b> w/ Marinara cup Fruit Selection	<b>8</b> <b>Popcorn Chicken* &amp; Dutch Waffle*</b> Garden Salad Diced Pears	<b>9</b> <b>Mac &amp; Cheese*</b> Garlic Bread Green Beans Local Apple	<b>10</b> <b>Chicken Tikka Masala</b> Basmati Rice* Flatbread* Roasted Broccoli Fruit Selection	<b>11</b> <b>Roast Beef Marmita</b> Brown Rice* Black Beans Vinagrete Fruit Selection
 <b>Columbus Day 14</b> <b>Indigenous Peoples Day</b>	<b>15</b> <b>Chicken Tenders*</b> Sweet & Sour Sauce French Fries Baked Apples	<b>Early Release! 16</b> <b>Bento Box</b> Cheese cubes Goldfish* Apple Slices Baby Carrots	<b>17</b> <b>Orange Chicken*</b> Brown Rice* Steamed Broccoli Fortune Cookie Fruit Selection	<b>18</b> <b>Chicken or Cheese Quesadilla*</b> Local Curtido Salsa, Sour Cream & Guacamole Fruit Selection
<b>21</b> <b>Popcorn Chicken*</b> Barbecue Sauce Mashed Potatoes Fruit Selection	<b>22</b> <b>Beef &amp; Cheese Nachos*</b> Refried Beans Sour Cream Fruit Selection	<b>23</b> <b>Chicken and Broccoli Ziti*</b> Garlic Bread* Local Apple	<b>24</b> <b>Pepperoni or Cheese Pizza*</b> Local Garden Salad Pear Crisp	<b>25</b> <b>Chicken Fajita Burrito Bowl*</b> Brown Rice* Seasoned Black Beans Local Lettuce, Tomato Salsa & Sour Cream Fruit Selection
<b>28</b> <b>Hamburger* or Cheeseburger*</b> w/ Local Lettuce & Tomato & Pickles French Fries Plum	<b>29</b> <b>Egg &amp; Cheese Croissant*</b> Tater Tots Mixed Fruit	<b>30.</b> <b>Chicken Drumstick</b> Seasoned Brown Rice* Local Cole Slaw Orange	<b>31</b> <b>Mummy Dog</b> Veg Baked Beans Pumpkin Pretzel* Fruit Selection	<b>Nov 1</b> <b>Mozzarella Sticks*</b> 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

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# 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](mailto: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)