

# January 2025

## 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  |
|--|---|---|--|---|
|                               |                                |  1   |  2   |  3 |
| <b>Hamburger* or Cheeseburger*</b><br>w/ Local Lettuce & Tomato & Pickles<br>Roasted Broccoli<br>Local Apple 6 | <b>Chicken Enchilada Empanada*</b><br>Corn<br>Orange 7  | <b>Beef &amp; Cheese Nachos*</b><br>Seasoned Black Beans<br>Sour Cream<br>Fruit Selection 8                                 | <b>Teriyaki Chicken Bowl</b><br>Seasoned Brown Rice<br>Fortune Cookie<br>Mixed Vegetables<br>Fruit Selection 9                       | <b>Mozzarella Sticks*</b><br>w/ Marinara cup<br>Garden Salad<br>Fruit Selection 10    |
| <b>Meatball Sub*</b><br>Green Beans<br>Mini Rice Krispie Treat<br>Fruit Selection 13                           | <b>Popcorn Chicken* &amp; Dutch Waffle*</b><br>Garden Salad<br>Diced Pears 14                                   | <b>Early Release!</b> 15<br><b>Super SnackPack</b><br>Pirate's Booty<br>Sunflower Seeds<br>Crunchy Chickpeas<br>Apple juice | <b>Ramen Noodle* Bowl w/ Egg</b><br>Corn<br>Local Apple 16   | <b>Egg &amp; Cheese Croissant*</b><br>Tater Tots<br>Banana 17                         |
| <b>No School!</b> 20<br>    | <b>Chicken Patty Sandwich*</b><br>Local Lettuce<br>Tomato<br>Veg Baked Beans<br>Diced Peaches 21                | <b>Mac and Cheese*</b><br>Steamed Broccoli<br>Garlic Bread*<br>Fruit Selection 22   | <b>Chicken Fajita Burrito Bowl</b><br>Brown Rice*<br>Seasoned Black Beans<br>Shredded Cheddar<br>Sour Cream & Salsa<br>Applesauce 23 | <b>Cheese or Pepperoni Pizza*</b><br>Garden Salad<br>Fruit Selection 24               |
| <b>Mozzarella Sticks*</b><br>w/ Marinara cup<br>Green Beans<br>Fruit Selection 27                              | <b>Beef &amp; Bean Chili</b><br>w/ cheese & sour cream<br>Tortilla Chips*<br>Garden Salad<br>Mixed Berry cup 28 | <b>Orange Chicken*</b><br>Seasoned Brown Rice*<br>Steamed Broccoli<br>Fortune Cookie<br>Local Apple 29                      | <b>French Toast Sticks*</b><br>Tater Tots<br>Strawberry cup 30   | <b>Chicken Tenders*</b><br>Sweet & Sour Sauce<br>Roasted Carrots<br>Mixed Fruit 31    |

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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