

Happy New Year!

The new year is a great time for a renewed effort in making healthier food choices! Eating a variety of colorful fruits and vegetables, whole grains, and lean proteins helps give your body the energy it needs to stay active and feel good. Drinking plenty of water and limiting added sugars are also important to properly fuel your body. And remember - healthy eating doesn't mean you can't enjoy your favorite foods—just balance them with nutritious choices. Start small and stick with it. You'll feel better as you make healthier habits part of your daily routine. Good health is a lifelong journey!

Grades K-5 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Turkey & Cheese Sandwich

Grades 6-8 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Turkey & 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)