

January 2025

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