



# Medford Public Schools

## Ramadan Take-home Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soft Pretzel* &amp; Cheese cup</b> Crunchy Fava Beans Fruit Juice	<b>Crackers*, Hummus &amp; Sunflower Seeds</b> Applesauce	<b>Tortilla Chips* Cheese Cup</b> Salsa Diced Peaches	<b>Graham Crackers*, Sunbutter, &amp; Yogurt</b> Crunchy Chickpeas Fruit Juice	<b>Pita Bread &amp; Lemon Pepper Tuna pouch</b> Mayo pack Vblend Juice Diced Pears

\*Whole-grain rich item



**Meals are available in the cafeteria at all K-8 schools.**

Students picking up take-home meals may enter the line first if they are spending the lunch period in another location.

**At MHS, meals will be available for pickup in the library at dismissal.**

**Students will need to enter their LASID to receive a meal.**

For individual product information, please contact [meals@medford.k12.ma.us](mailto:meals@medford.k12.ma.us).  
And while we try our best to stick to the menu, menu items are subject to change without notice.

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.

