

March 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
Pizza Crunchers* Green Beans Diced Peaches 	No School! Teacher PD 	Mac and Cheese* Roasted Broccoli Garlic Bread* Fruit Selection 	Egg & Cheese Croissant* Tater Tots Fruit Selection 	Chicken or Cheese Quesadilla* Salsa, Sour Cream & Guacamole Seasoned Black Beans  Fruit Selection
Beef or Veggie Burger* w/ Local Lettuce Tomato & Pickles Veg Baked Beans Mixed Fruit 	Chicken Drumstick Dinner Roll* Rice Pilaf Roasted Broccoli Fruit Selection	Ramen Noodle* Bowl w/ Egg Corn Fruit Selection 	Mozzarella Sticks* w/ Marinara cup Garden Salad Fruit Selection 	Cajun Local Haddock Sandwich* w/ Lettuce & Tomato Local Cole Slaw Mixed Berry Cup
Shepherd's Pie Garlic Knot Applesauce 	Chicken Enchilada Empanada* Plantains Fruit Selection	Early Release! Super SnackPack Crackers* Spicy Sunflower Seeds Beef jerky Crunchy Fava Beans  Apple Juice	Teriyaki Chicken Bowl Seasoned Brown Rice Fortune Cookie Steamed Broccoli Fruit Selection	French Toast Sticks* Maple Roasted Butternut Squash Strawberry cup 
Chicken or Vegan Chik'n Sandwich* Local Lettuce, Tomato Veg Baked Beans Diced Peaches 	Beef & Cheese Nachos* Pinto Beans Sour Cream Fruit Selection	Egg & Cheese Croissant* Tater Tots Fruit Selection 	 Cheesesteak* w/ Peppers & Onions French Fries Local Apple	Cheese or BBQ Chicken Pizza* Garden Salad Fruit Selection 
Eid al-Fitr 	Pizza Crunchers* Garden Salad Mixed Fruit 	Halal Hot Dog* Veg Baked Beans Applesauce	Chicken Fajita Burrito Bowl Seasoned Brown Rice* Seasoned Black Beans Shredded Cheddar Sour Cream & Salsa Fruit Selection	French Toast Sticks* Tater Tots Strawberry cup 

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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