

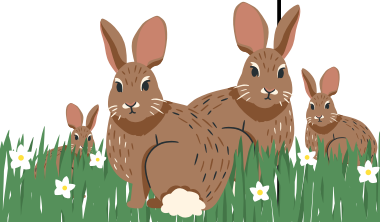





# April 2025

## 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](http://family.schoolcafe.com)

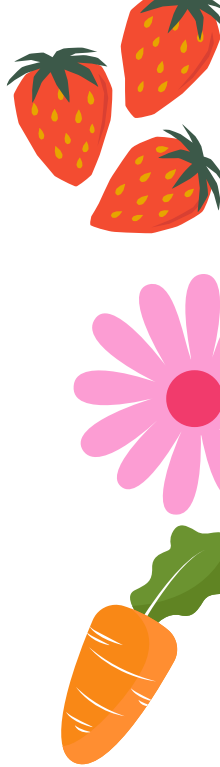
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Eid al-Fitr</b> 	<b>Pizza Crunchers*</b> Garden Salad Mixed Fruit 	<b>French Toast Sticks*</b> Tater Tots Strawberry cup 	<b>Chicken Fajita Burrito Bowl</b> Seasoned Brown Rice* Seasoned Black Beans Shredded Cheddar Sour Cream & Salsa Fruit Selection	<b>RED SOX OPENING DAY</b> <b>Halal Hot Dog*</b> Soft Pretzel Stick* French Fries Watermelon Slush
<b>Popcorn Chicken* &amp; Dutch Waffle*</b> Cucumber Rounds Diced Peaches	<b>Beef Empanada</b> Curtido Orange Wedges	<b>Mozzarella Sticks*</b> w/ Marinara cup Garden Salad Apple-Pear Crisp 	<b>Beef Pot Roast</b> Mashed Potatoes Steamed Carrots Garlic Knot* Local Apple	<b>Chicken Tenders*</b> Dinner Roll* Green Beans Fresh Strawberries
<b>Beef or Veggie Burgers*</b> w/ Local Lettuce Tomato & Pickles Veg Baked Beans  Mixed Fruit	<b>Orange Chicken</b> Seasoned Brown Rice Steamed Broccoli Fortune Cookie Fruit Selection	<b>Deano's Pasta w/ Meatballs</b> Garlic Bread* Garden Salad Baked Apples	<b>Cajun Local Haddock Sandwich*</b> w/ Remoulade Local Kale Slaw Fruit Selection	<b>Good Friday</b> 
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<b>French Toast Sticks*</b> Tater tots Mixed Berry cup 	<b>Chicken Patty or Vegan Chik'n Sandwich*</b> Local Lettuce Tomato Veg Baked Beans  Applesauce	<b>Beef &amp; Cheese Nachos*</b> Seasoned Black Beans Salsa Sour Cream Fruit Selection	<b>Chicken and Broccoli Ziti*</b> Garlic Bread* Fruit Selection	<b>Cheese or Pepperoni Pizza*</b> Garden Salad Fresh Strawberries 

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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# Eating With The Season: Spring!

The month of April and the start of Spring brings so many fresh and bright fruits and vegetables! Here is a list of some in-season fruits and veggies to try this month:

- Apricots
- Asparagus
- Beets
- Broccoli
- Carrots
- Celery
- Collard Greens
- Kale
- Lettuce
- Radishes
- Rhubarb
- Strawberries
- Swiss Chard
- Turnips

## 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](mailto: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)