



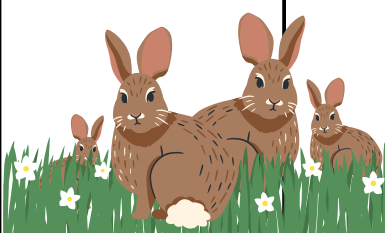






April 2025

Medford Public Schools K-5 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

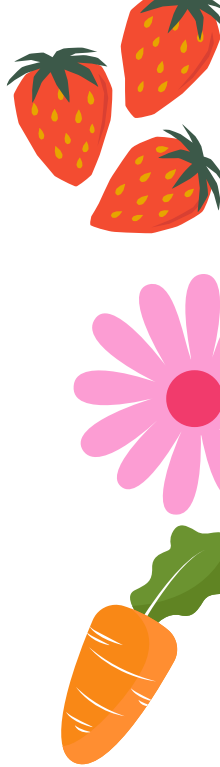
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Eid al-Fitr 	Pizza Crunchers* Garden Salad Mixed Fruit 	French Toast Sticks* Tater Tots Strawberry cup 	Chicken Fajita Burrito Bowl Seasoned Brown Rice* Seasoned Black Beans Shredded Cheddar Sour Cream & Salsa Fruit Selection	RED SOX OPENING DAY Halal Hot Dog*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

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)