



# *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)