



Food Allergy Information

Does your child have a food allergy or intolerance?

You're not alone! The Food Service Department is committed to providing meals that meet the needs of all students. If your child requires meal modifications, please reach out to us at meals@medford.k12.ma.us.

A doctor's note is required for all modifications.

Big 9 Allergens: Quick Info for School Year 2025-2026

Peanuts, Tree Nuts, and Shellfish: The Food Service Department does not prepare or serve items that contain peanuts, tree nuts, or shellfish. We try our best to source foods prepared in peanut-free and/or tree nut-free facilities, but this is not always possible. Please reach out if you need sourcing information for specific food items.

Sesame: We do not prepare any foods that contain sesame. At the high school level only, we may offer pre-packaged hummus or salad dressings that contains sesame ingredients. Please note that the Zee Zees brand hummus offered at the K-8 level does NOT contain sesame and is prepared in a Big 9+ free facility.

Fin fish: We serve prepared fish sticks and/or fish patties on occasion. They are typically made of haddock or pollock. We may offer prepared salmon burgers this year.

Egg, Milk, Soy, and Wheat: We prepare and serve foods daily that contain egg, wheat, soy, and milk ingredients. Please reach out to provide more information on the level of restrictions that your child requires if they have any of these allergies.

Gluten-free meals: While our kitchens are not gluten-free facilities, we are able to adapt most of our meals to include gluten-free substitutions.

Additional Information: All Food Service Staff are required to complete allergen training annually, and the Food Service Director is a Registered Dietitian.

For more information, contact:

Food Service Director, Retta Smith, rsmith@medford.k12.ma.us, 781-393-2241

Assistant Food Service Director, Rita Toscano-Coray, rtoscano@medford.k12.ma.us, 781-393-2144