

# January 2026

## Medford Public Schools 6-8 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
5	6	7	8	9
<b>Pizza Crunchers*</b> Steamed Broccoli Mixed Fruit 	<b>French Toast Sticks*</b> w/Real Maple Syrup Tater Tots Strawberry Cup 	<b>Mac and Cheese*</b> Local Garden Salad Garlic Bread* Fruit Selection 	<b>Beef &amp; Cheese Nachos*</b> Seasoned Black Beans Sour Cream Salsa Guacamole Local Apple	<b>Chicken Drumstick</b> Garlic Knot* Corn Fruit Selection
12	13	14	15	16
<b>Waffle Sticks*</b> w/ real Maple syrup Turkey Sausage Tater Tots Diced Pears	<b>Chicken or Vegan Chik'n Patty Sandwich*</b> Local Cole Slaw Lettuce & Tomato Orange Wedges 	<b>Beef Burrito Bowl</b> Brown Rice* Cheddar Cheese Seasoned Black Beans Salsa & Sour Cream Guacamole Fruit Selection	<b>Egg &amp; Cheese Croissant*</b> Local Roasted Butternut Squash Banana 	<b>Halal Hot Dog*</b> French Fries Sugar Cookie* Fruit Selection
19	20	21	22	23
<b>MLK Jr. Day!</b> 	<b>PD Day!</b> 	<b>Pasta* &amp; Meatballs</b> Roasted Broccoli Mixed Berry Cup	<b>Popcorn</b> <b>Chicken Bowl*</b> Dinner Roll* w/ Mashed Potatoes, Corn & Gravy Fruit Selection 	<b>Mozzarella Sticks*</b> w/ Marinara Sauce Local Garden Salad Fruit Selection 
26	27	28	29	30
<b>Chicken Tenders*</b> Dippin' Sauce Brown Sugar Maple Baked Beans Sliced Peaches	<b>French Toast Sticks*</b> w/Real Maple Syrup Tater Tots Strawberry Cup 	<b>Beef Pot Roast</b> Dinner Roll* Mashed Potatoes Local Roasted Butternut Squash Local Apple	<b>Hamburger*<sup>29</sup> Cheeseburger* or Veggie Burger</b> w/ Tomato & Local Lettuce & Pickles Corn Fruit Selection 	<b>Pepperoni or Buffalo Chicken Pizza*</b> Local Garden Salad Fruit Selection 

All meals include choice of milk, daily vegetable, baby carrots, sesame-free hummus, and fruit selection.

Ovo-lacto vegetarian option

\*Whole-grain rich item

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