

January 2026

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
5 Pizza Crunchers* Steamed Broccoli Mixed Fruit 	6 French Toast Sticks* w/ Syrup Tater Tots Strawberry Cup 	7 Mac and Cheese* Local Garden Salad Garlic Bread* Fruit Selection 	8 Beef & Cheese Nachos* Seasoned Black Beans Sour Cream Salsa Guacamole Local Apple	9 Chicken Drumstick Dinner Roll* Corn Fruit Selection
12 Waffle Sticks* w/ real Maple syrup Turkey Sausage Tater Tots Diced Pears	13 Chicken or Vegan Chik'n Patty Sandwich* Local Cole Slaw Lettuce & Tomato Orange Wedges 	14 Beef Burrito Bowl Brown Rice* Cheddar Cheese Seasoned Black Beans Salsa & Sour Cream Guacamole Fruit Selection	15 Egg & Cheese Croissant* Local Roasted Butternut Squash Banana 	16 Halal Hot Dog* French Fries Sugar Cookie* Fruit Selection
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;">MLK Jr. Day!</div> 	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;">PD Day!</div> 	21 Pasta* & Meatballs Roasted Broccoli Mixed Berry Cup	22 Popcorn Chicken Bowl* w/ Mashed Potatoes, Corn & Gravy Fruit Selection	23 Mozzarella Sticks* w/ Marinara Sauce Local Garden Salad Fruit Selection
26 Chicken Tenders* Dippin' Sauce Brown Sugar Maple Baked Beans Sliced Peaches	27 French Toast Sticks* w/ Syrup Tater Tots Strawberry Cup 	28 Beef Pot Roast Dinner Roll* Mashed Potatoes Local Roasted Butternut Squash Local Apple	29 Hamburger* or Veggie Burger Cheeseburger* w/ Tomato & Local Lettuce & Pickles Corn Fruit Selection 	30 Cheese or Pepperoni Pizza* 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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