January 2026

Medford Public Schools 9-12 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 V	6 **French Toast Sticks*** w/Real Maple Syrup Tater Tots Strawberry Cup V	7 **Mac and Cheese*** Local Garden Salad Garlic Bread* Fruit Selection V	8 **Beef & Cheese Nachos*** Seasoned Black Beans Sour Cream Salsa Guacamole Local Apple	9 **Chicken Drumstick** Garlic Knot* 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 V	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 V	16 **Halal Hot Dog*** French Fries Sugar Cookie* Fruit Selection
MLK Jr. Day! 19 	PD Day! 20 	21 **Deano's Rigatoni Pasta* & Meatballs** Roasted Broccoli Mixed Berry Cup	22 **Popcorn Chicken Bowl*** Dinner Roll* w/ Mashed Potatoes, Corn & Gravy Fruit Selection	23 **Mozzarella Sticks*** w/ Marinara Sauce Local Garden Salad Fruit Selection V
26 **Chicken Tenders*** Dippin' Sauce Dinner Roll* Brown Sugar Maple Baked Beans Sliced Peaches	27 **French Toast Sticks*** w/Real Maple Syrup Tater Tots Strawberry Cup V	28 **Beef Pot Roast** Garlic Knot* Mashed Potatoes Local Roasted Butternut Squash Local Apple	29 **Hamburger* Cheeseburger* or Veggie Burger** w/ Tomato & Local Lettuce & Pickles Corn Fruit Selection V	30 **Pepperoni or Buffalo Chicken Pizza*** Local Garden Salad Fruit Selection V

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

V Ovo-lacto vegetarian option

*Whole-grain rich item

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