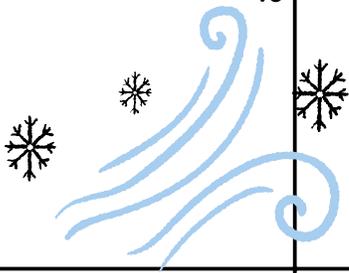
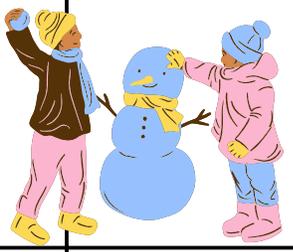


# February 2026

## 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  |
|--|--|---|---|---|
| <p>2</p> <p><b>Pizza Crunchers*</b><br/>Steamed Broccoli<br/>Mixed Fruit</p> <p></p>   | <p>3</p> <p><b>Beef &amp; Cheese Nachos*</b><br/>Seasoned Black Beans<br/>Sour Cream<br/>Salsa<br/>Guacamole<br/>Peach Cup</p>   | <p><b>Early Release!</b> 4</p> <p><b>Super Snack Bag</b><br/>Crackers*<br/>Beef Jerky<br/>Sunflower Seeds<br/>Crunchy Chickpeas<br/>Apple juice</p> | <p>5</p> <p><b>Halal Hot Dog*</b><br/>French Fries<br/>Orange Wedges</p>  | <p><b>NEW</b> 6</p> <p><b>Brazilian Cheese Bread</b><br/>Beans &amp; Rice<br/>Marinara Sauce<br/>Rainbow chip cookie*<br/> Fruit Selection</p> |
| <p>9</p> <p><b>Waffle Sticks*</b><br/>w/ real Maple syrup<br/>Turkey Sausage<br/>Tater Tots<br/>Diced Pears</p>  | <p>10</p> <p><b>Beef Pot Roast</b><br/>Dinner Roll*<br/>Mashed Potatoes<br/>Local Roasted<br/>Butternut Squash<br/>Local Apple</p>   | <p>11</p> <p><b>Chicken Broccoli Ziti*</b><br/>Steamed Carrots<br/>Garlic bread<br/>Local Apple</p>   | <p>12</p> <p><b>Beef &amp; Bean Chili</b><br/>Fritos*<br/>Shredded Cheddar<br/>Sour Cream<br/>Mixed Berry Cup</p>   | <p>13</p> <p><b>Heart Shaped Chicken Nuggets*</b><br/>Dutch Waffle*<br/>Cucumber Rounds<br/> Strawberry Cup</p>                               |
| <p>16</p> <p></p> <p>17</p> <p><b>Winter Break!</b></p> <p>18</p> <p>19</p> <p></p> <p>20</p> |  |   |   |   |
| <p>23</p> <p><b>Chicken Tenders*</b><br/>Dippin' Sauce<br/>Brown Sugar Maple<br/>Baked Beans<br/>Sliced Peaches</p>  | <p>24</p> <p><b>French Toast Sticks*</b><br/>w/Real Maple Syrup<br/>Tater Tots<br/>Strawberry Cup</p> <p></p> | <p>25</p> <p><b>General Tso's Chicken*</b><br/>Seasoned Brown Rice<br/>Fortune Cookie<br/>Steamed Broccoli<br/>Orange Wedges</p>                    | <p>26</p> <p><b>Hamburger* or Veggie Burger*</b><br/>w/ Tomato &amp; Local<br/>Lettuce &amp; Pickles<br/>Corn</p> <p> Fruit Selection</p> | <p>27</p> <p><b>Pepperoni or Buffalo Chicken Pizza*</b><br/>Local Garden Salad<br/>Fruit Selection</p>  |

All meals include choice of milk, daily vegetable, baby carrots, and fruit selection.



Ovo-lacto vegetarian option

\*Whole-grain rich item

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