

Medford Public Schools

Ramadan Take-home Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt & Granola* Crunchy Fava Beans Fruit Juice	Crackers*, Sesame-free Hummus & Sunflower Seeds Mixed Fruit cup	Tortilla Chips* Cheese Cup Salsa Fruit juice	Goldfish Grahams*, Sunbutter cup Crunchy Lentils Diced Peaches	Crackers & Tuna Salad Snack pack Half-popped corn Vblend Juice Applesauce

*Whole-grain rich item

All items are shelf-stable and do not require refrigeration.

Meals are available in the cafeteria at all schools.

Students picking up take-home meals may enter the line first if they are spending the lunch period in another location.

Students will need to enter their LASID to receive a meal.

For individual product information, please contact meals@medford.k12.ma.us.
 And while we try our best to stick to the menu, menu items are subject to change without notice.

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