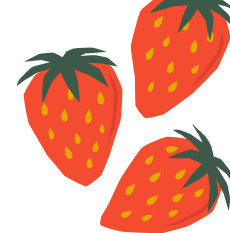




Happenings this Month



We love local foods! From apples and cabbage to oats and ground beef, we strive to include locally-grown products whenever possible. Supporting local growers and producers is important for lots of reasons - the foods are typically fresher (and arguably more nutritious), smaller growers typically use more sound growing practices (read: better for our environment), and local purchases keep money in our local economies, which makes our communities stronger! If you're looking for more local in your life, be sure to catch the Medford Farmers Market Winter Market in its final weeks, Tuesday April 7 & 14, 3-7pm at 142 Mystic Ave in Medford.



Bento of the Month : Make-your-own Pizza Box

Back by popular demand: Whole-grain flatbread, shredded mozzarella cheese, turkey pepperoni, and zesty marinara sauce. Make it your way!

Salad of the Month : Roasted Local Beet, Caramelized Onion & Feta

Little Leaf lettuce topped with roasted beets, caramelized onions, feta cheese, and pumpkin seeds (all local!), croutons, and homemade Balsamic dressing.

K-5 Daily Alternative Menu Options:

- Turkey & Cheese Sandwich
- ✓ Sunbutter & Jelly Sandwich
- ✓ Cheese Pizza

K-5 Alternative Menu Options Tue-Wed-Thu:

- Chicken and Cheese Salad
- ✓ Vegan Chick'n Sandwich
- Bento of the Month / Salad of the Month

6-8 Daily Alternative Menu Options:

- ✓ Cheese Pizza / Sunbutter & Jelly Sandwich ✓
- Vegan Chick'n Sandwich ✓
- Chicken Caesar Salad / Buffalo Chicken Salad
- Bento of the Month / Salad of the Month



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9-12 Daily Alternative Menu Options:

- ✓ Cheese Pizza / Sunbutter & Jelly Sandwich ✓
- Chicken Caesar Salad / Vegan Chick'n Sandwich ✓
- Bento of the Month / Salad of the Month
- Variety of Cold Sandwiches, Salads, and Hot Grab & Go Items