

September 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
	1	2	3	4
		Chicken Tenders* w/ Dippin' Sauce Dinner Roll* Brown Sugar Maple Baked Beans Applesauce	French Toast Sticks* w/ real maple syrup Tater Tots Fruit Slush	
7	8	9	10	11
 Labor Day!	Popcorn Chicken* & Dutch Waffle* Local Cucumbers & Ranch Mixed Fruit cup	Mozzarella Sticks* w/ Marinara Sauce Local Garden Salad Fruit Selection	Chicken Ranch Wrap* w/ Local Lettuce French Fries Fruit Selection	Jamaican Beef Patty Plantains Local Watermelon
14	15	16	17	18
Beef & Cheese Nachos* Seasoned Black Beans Sour Cream Salsa Fruit Selection	Chicken Enchilada Empanada* Roast Corn & Black Bean Salad Local Peach	Jerk Chicken Strips Black Eye Peas & Rice Fruit Selection	Egg & Pepper Jack Cheese on Croissant* Tater Tots Strawberry Cup	Pepperoni or Buffalo Chicken Pizza* Local Cole Slaw Fruit Selection
21	22	23	24	25
 Yom Kippur!	Chicken or Vegan Chik'n Patty Sandwich* Local Lettuce & Tomato Peach cup	Peruvian Style Chicken Drumstick French Bread BBQ Beans Orange Wedges	Beef or Black Bean Burgers* w/ Local Lettuce & Tomato & Pickles Fruit Selection	Sweet & Sour Chicken* Brown Rice* Steamed Broccoli Fortune Cookie Fruit Selection
28	29	30	Oct 1	Oct 2
Pizza Crunchers* Green Beans Mixed Fruit	Mac & Cheese* Garlic Bread* Roasted Broccoli Local Apple	Chicken Fajita Burrito Bowl* Brown Rice* Seasoned Black Beans Local Lettuce, Tomato Salsa & Sour Cream Fruit Selection	Halal Hot Dog French Fries Fruit Selection	BBQ Chicken Flatbread* Green Beans Local Plum

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



Ovo-lacto vegetarian option

*Whole-grain rich item

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