

Nutrition Information: Main Menu Items, p 1 of 3

Updated 9/14/26

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Beef & Cheese Nachos	1 each	534 (K-8) 674 (9-12)	33 (K-8) 39 (9-12)	15 (K-8) 16 (9-12)	29 (K-8) 49 (9-12)	1282 (K-8) 1397 (9-12)	Milk
Chicken Tinga & Cheese Nachos	1 each	530 (K-8) 670 (9-12)	31 (K-8) 37 (9-12)	13 (K-8) 14 (9-12)	31 (K-8) 51 (9-12)	1375 (K-8) 1490 (9-12)	Milk
Buffalo Chicken Pizza	1 slice	390	15	5	44	1078	Milk, Wheat
Cheese Pizza	1 slice	300	11	4	37	580	Milk, Wheat
Cheese Quesadilla	1 each	380	22	14	30	560	Milk, Wheat
Cheeseburger (K-5) Cheeseburger (6-12)	1 each	301 321	11 15	5.5 7	30 30	624 665	Milk, Soy, Wheat
Chicken Drumstick	1 each	150	8	2	2	350	--
Breaded Chicken Drumstick	1 each	210	11	3	10	530	Wheat
Chicken Enchilada Empanada	1 each	300	10	4	36	570	Milk, Soy, Wheat
Chicken Fajita Burrito Bowl	1 each	357 (K-8) 661 (9-12)	13 (K-8) 21 (9-12)	3 (K-8) 6 (9-12)	31 (K-8) 59 (9-12)	555 (K-8) 1106 (9-12)	Milk
Chicken Patty Sandwich	1 each	376	9	1.5	48	694	Milk, Wheat
Chicken Quesadilla	1 each	331	15	9	30	673	Milk, Wheat
Chicken Ranch Wrap	1 each	461	22	5	41	830	Egg, Milk, Soy, Wheat
Chicken Tenders	2 ea (K-5) 3 ea (6-12)	230 (K-5) 345 (6-12)	11 (K-5) 16 (6-12)	2 (K-5) 3 (6-12)	12 (K-5) 18 (6-12)	400 (K-5) 600 (6-12)	Milk, Wheat
Peruvian Chicken Drumstick	1 each	268	16	4	5	520	--

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us

Nutrition Information: Main Menu Items, p 2 of 3

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chicken, Jerk	½ cup	171	10	0	2	707	--
Egg & Cheese Croissant	1 each	360	21	10	29	780	Egg, Milk, Soy, Wheat
Fish Sticks	4 each	160	6	0.5	35	495	Fish, Wheat
French Toast Sticks	4 pc (K-5), 5 pc (6-8), 6 pc (9-12)	280 (K-5), 350 (6-8), 420 (9-12)	12 (K-5), 15 (6-8), 18 (9-12)	2.6 (K-5), 3.3 (6-8), 4 (9-12)	35 (K-5), 43 (6-8), 52 (9-12)	387 (K-5), 484 (6-8), 580 (9-12)	Egg, Milk, Soy, Wheat
General Tso's Chicken	8 pc (6-8) 10 pc (9-12)	259 (6-8) 295 (9-12)	12 (6-8) 14 (9-12)	2.5 (6-8) 3 (9-12)	23 (6-8), 26 (9-12)	718 (6-8), 802 (9-12)	Milk, Soy, Wheat
Hamburger (K-5) Hamburger (6-12)	1 each	216 266	8 11	2.5 4	22 22	365 445	Wheat
Hot dog (Halal)	1 each	390	25	9	24	1140	--
Meatball Sub	1 each	301	7	3	38	614	Milk, Wheat
Mac & Cheese Bites	3 pc (K-5), 4 pc (6-8), 6 pc (9-12)	230 (K-5), 307 (6-8), 460 (9-12)	11 (K-5), 15 (6-8), 22 (9-12)	5 (K-5), 7 (6-8), 10 (9-12)	19 (K-5), 25 (6-8), 38 (9-12)	390 (K-5), 520 (6-8), 780 (9-12)	Milk, Wheat
Mozzarella Sticks	5 pc (K-8) 6 pc (9-12)	263 (K-8), 315 (9-12)	10 (K-8) 12 (9-12)	3 (K-8) 4 (9-12)	28 (K-8) 33 (9-12)	450 (K-8) 540 (9-12)	Milk, Wheat
Macaroni & Cheese	1 each	343 (K-8) 514 (9-12)	12 (K-8) 18 (9-12)	7 (K-8) 10 (9-12)	45 (K-8) 68 (9-12)	453 (K-8) 680 (9-12)	Milk, Wheat
Orange Chicken (K-5)	5 pc	212	8	1.8	26	594	Milk, Soy, Wheat
Pasta w/ Meatballs	1 svg	297	8	3	45	430	Milk, Wheat

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us

Nutrition Information: Main Menu Items, p 3 of 3

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Brazilian Cheese Bites	2 each	280	13	3.5	17	380	Egg, Milk
Heart-shaped Nuggets	4 pc (K-8) 5 pc (9-12)	180 (K-8) 225 (9-12)	7 (K-8) 9 (9-12)	1.5 (K-8) 2 (9-12)	16 (K-8) 20 (9-12)	620 (K-8) 775 (9-12)	Soy, Wheat
Beef & Bean Chili	3/4 cup	270	13	6	16	306	--
Pepperoni Pizza	1 slice	320	12	4	37	687	Milk, Soy, Wheat
Pizza Crunchers	4 pc (K-8) 5 pc (9-12)	420 (K-8) 525 (9-12)	20 (K-8) 25 (9-12)	8 (K-8) 10 (9-12)	41 (K-8) 51 (9-12)	770 (K-8) 962 (9-12)	Milk, Wheat
Popcorn Chicken	6 pc (K-5), 8 pc (6-8), 10 pc (9-12)	162 (K-5), 216 (6-8), 270 (9-12)	8 (K-5), 10 (6-8), 13 (9-12)	1.8 (K-5), 2.4 (6-8), 3 (9-12)	12 (K-5), 16 (6-8), 20 (9-12)	384 (K-5), 512 (6-8), 640 (9-12)	Milk, Soy, Wheat
Shepherd's Pie	1 cup	294	13	5	24	442	Milk
String Cheese	1 each	80	6	4	2	200	Milk
Sunbutter & Jelly Sandwich	1 each	310	15	2	33	300	Soy, Wheat
Turkey & Cheese wrap	1 wrap	296	7.5	2.5	35	557	Wheat, Milk, Soy
Vegan Chik'n patty Sandwich	1 each	277	8.65	1	38	595	Wheat, Soy
Chicken Broccoli Ziti	2/3c (K-8) 1c (9-12)	252 381	11 17	5 8	21 32	448 679	Milk, Wheat
Haitian Style Chicken	K-8 9-12	179 358	11 22	2 4	3 6	495 790	--

Nutrition Information: Vegetables, p 1 of 2

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Black Bean Salad	1/2 cup	125	1	0	21	152	--
Baked Beans (vegetarian)	1/2 cup	160	1	0	29	140	--
Broccoli, steamed	1/2 cup	26	0	0	5	70	--
Black Beans	1/2 cup	100	0	0	18	140	--
Seasoned Black Beans	1/2 cup	100	0	0	18	320	--
Black Eye Peas	1/2 cup	124	1.5	0	20	95	--
Carrots, baby	1/2 cup	25	0	0	6	55	--
Broccoli, Roasted	1/2 cup	73	7	2	2	295	--
Cucumber Slices	1/2 cup	6	0	0	1.5	1	--
Carrots, Steamed	1/2 cup	25	0	0	6	55	--
Corn	1/2 cup	78	0	0	18	3	--
Crunchy Chickpeas	1/2 cup	90	3	0	14	140	--
French Fries	1/2 cup	90	3.5	0	14	260	--
Garden Salad w/ dressing	1/2 cup	48	3	0	3	135	--
Green Beans	1/2 cup	19	0	0	12	<1	--
Lettuce & Tomato	1/4 cup	5	0	0	3	0	--
Marinara sauce cup	1 ea	40	0	0	7	200	--

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us

Nutrition Information: Vegetables, p 2 of 2

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Refried Beans (vegetarian)	1/2 cup	140	05	0	24	140	--
Plantains	1/4 cup	140	2.8	0.5	28	0	--
Sweet Potato Fries	1/2 cup	150	8	2	19	125	--
Tater Tots	1/2 cup	140	7	1	16	190	--
Yucca Fries	1/2 cup	110	4	<1	17	115	--
Vblend vegetable juice	1/2 cup	50	0	0	13	10	--
Mixed Vegetables	1/2 cup	109	1	0	23	1	--
Maple Roasted Butternut Squash	1/2 cup	157	7	1	25	147	--
Mashed Potatoes	1/2 cup	60	1	0	13	233	Milk

Nutrition Information: Fruits

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Apple	1 each	77	0	0	20	0	--
Apple crisps	1 pkg	40	0	0	10	0	--
Apple Slices	1 pkg	29	0	0	8	0	--
Applesauce	1/2 cup	60	0	0	14	15	--
Banana	1 each	90	0	0	23	1	--
Baked apples	1/2 cup	100	0	0	25	5	--
Craisins	1 each	110	0	0	27	0	--
Fruit Slush, Strawberry	1 each	90	0	0	22	0	--
Mixed Fruit	1/2 cup	60	0	0	17	10	--
Orange	1 each	65	0	0	16	0	--
Peaches, canned	1/2 cup	90	0	0	21	0	--
Plum	1 each	127	0	0	8	0	--
Strawberries, Fresh	3 medium	12	0	0	3	0	--
Watermelon	1/2 cup	23	0	0	6	1	--

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us

Nutrition Information: Breads & Grains

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Basmati Rice	1/2 cup	102	0	0	22	193	--
Breadstick	1 each	110	0	0	22	190	Wheat
Brown Rice	1/2 cup	109	1	0	23	1	--
Dinner Roll	1 each	73	0	0	14	127	Wheat
Dutch Waffle	1 each	300	13	3	43	350	Egg, Milk, Soy, Wheat
Flatbread	1/2 piece	90	2.5	0.5	14	165	Milk, Wheat
Fortune Cookie	1 each	18	0	0	4	2	Soy, Wheat
Garlic Bread	1 slice	100	3.5	0.5	14	125	Milk, Wheat
Garlic Knot	1 each	120	4.5	1.5	18	220	Soy, Wheat
Pretzel Stick	2 each	70	1	0	14	40	Wheat
Rice Pilaf	1/2 cup	118	3	1	21	418	Milk, Soy, Wheat
Scooby Snacks	1 pkg	120	3.5	1	21	115	Soy, Wheat
Seasoned brown rice	1/2 cup	131	3.5	0	23	140	--
Seasoned brown rice	1 cup	262	7	0	46	280	--
Spanish-style Brown Rice	1/2 cup	212	6	1	36	300	--

This information reflects the best information available to us at the time of posting, however manufacturers may change product ingredients without notice. Should you need specific product information, please email meals@medford.k12.ma.us

Nutrition Information: Milk

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
1 % Milk	1 each	110	2	1.5	13	125	Milk
Fat Free Milk	1 each	80	0	0	13	125	Milk
Chocolate Milk, Fat Free	1 each	120	0	0	20	180	Milk

Nutrition Information: Condiments

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
BBQ Sauce	1 pkg	45	0	0	10	210	--
Chicken Dippin' Sauce	1 pkg	130	12	2	6	135	Egg
Chocolate Hummus	1 each	170	10	1.5	15	35	--
Guacamole	2 Tbsp	50	5	1	2	130	--
Ketchup	1 pkg	10	0	0	2	75	--
Mayo, Lite	1 pkg	50	4.5	1	2	70	Egg
Pickles	3 slices	2	0	0	0	170	--
Pikliz	2 Tbsp	15	0	0	3	22	--
Ranch dressing	12 gm	30	2.5	0	2	50	Egg, Milk
Ranch dressing cup	1 oz	70	6	1	4	125	Egg, Milk
Remoulade sauce	2 Tbsp	148	16	2	<1	106	Egg
Salsa	2 Tbsp	9	0	0	2	17	--
Sour cream	1 oz pkg	60	5	3.5	2	45	Milk
Sweet & Sour Sauce	1 pkg	45	0	0	10	120	--
Syrup	1 pkg	80	0	0	20	10	--

Nutrition Information: Breakfast Main Items

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chocolate Chip Muffin	1 each	270	8	1.5	45	140	Egg, Milk, Soy, Wheat
Cinnamon Roll	1 each	240	7	1.5	38	240	Soy, Wheat
Assorted 'Breakfast Breaks' cereal packs	1 each	280	5.5	0	55	215	May contain Egg, Milk, Soy, and/or Wheat - See individual package for specific allergens
Goldilox Bagel (9-12)	1 each	276	<1	0	58	1820	Wheat
Yogurt, Assorted Flavors (K-8)	1 each	60	0	0	12	70	Milk
Greek Yogurt (9-12)	1 each	85	0	0	11	41	Milk
Assorted Cereal	1 each	100-120	1.5-2.5	0	21-25	120-160	May contain Wheat - See individual package for specific allergens
Granola	1 pkg	120	3.5	0	19	35	--
Snack'n Waffles	1 each	250	9	4	37	290	Egg, Milk, Wheat
Fruit & Yogurt Smoothie	1 each	130	0	0	36	70	Milk

Alternatives

Menu Item	Portion	Cals	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Top 9 Common Allergens
Chickpea Masala (9-12)	1/2 cup	149	6	2	21	504	Milk