

# October 2026

## Medford Public Schools K-5 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                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sept 28</b><br><b>Pizza Crunchers*</b><br>Green Beans<br>Mixed Fruit<br>                       | <b>Sept 29</b><br><b>Mac &amp; Cheese*</b><br>Garlic Bread*<br>Roasted Broccoli<br>Local Apple<br>   | <b>Sept 30</b><br><b>Chicken Fajita Burrito Bowl*</b><br>Brown Rice*<br>Seasoned Black Beans<br>Local Lettuce, Tomato<br>Salsa & Sour Cream<br>Fruit Selection                                    | <b>Oct 1</b><br><b>Halal Hot Dog</b><br>French Fries<br>Fruit Selection                                                         | <b>2</b><br><b>Make-your-own Pizza Bento*</b><br>w/turkey pepperoni<br>Local Garden Salad<br>Craisins                                                                                          |
| <b>5</b><br><b>Egg &amp; Cheese Croissant*</b><br>Tater Tots<br>Peach Cup<br>                     | <b>6</b><br><b>Beef &amp; Cheese Nachos*</b><br>Black Bean Salad<br>Salsa, Sour Cream &<br>Guacamole<br>Fruit Selection                                                               | <b>7</b><br><b>Chicken Tamale w/ Red Sauce*</b><br>Plantains<br>Salvadorian Rice<br>Banana                                                                                                        | <b>8</b><br><b>American Chop Suey*</b><br>Garlic Bread<br>Local Garden Salad<br>Fruit Selection                                 | <b>9</b><br><b>Chicken or Vegan Chik'n Patty Sandwich*</b><br>Local Lettuce &<br>Tomato<br> Fruit Selection |
|  <b>12</b><br><b>Columbus Day</b><br><b>Indigenous Peoples Day</b>                                | <b>13</b><br><b>Soft Pretzel w/ Cheese Cup</b><br>French Fries<br>Mixed fruit cup<br>              | <b>14</b><br><b>Chicken or Cheese Quesadilla*</b><br>Pico De Gallo<br>Guacamole<br>Sour Cream<br> Apple Crisps | <b>15</b><br><b>Beef or Black Bean Burgers*</b><br>w/ Local Lettuce &<br>Tomato & Pickles<br>Roasted Carrots<br>Fruit Selection | <b>16</b><br><b>Chicken Tenders*</b><br>Dinner Roll*<br>Dippin' Sauce<br>Brown Sugar Maple<br>Baked Beans<br>Craisins                                                                          |
| <b>19</b><br><b>Popcorn Chicken*</b><br>Mashed Potatoes<br>Corn<br>Dinner Roll*<br>Pear cup                                                                                        | <b>20</b><br><b>Meatball Sub w/ cheese</b><br>Steamed Carrots<br>Fruit Selection                                                                                                      | <b>21</b><br><b>Pizza Crunchers*</b><br>w/ Marinara Sauce<br>Green Beans<br>Banana<br>                         | <b>22</b><br><b>Chicken Tikka Masala</b><br>Basmati Rice<br>Steamed Broccoli<br>Flatbread*<br>Local Apple                       | <b>23</b><br><b>Cheese or Turkey Pepperoni Pizza*</b><br>Local Garden Salad<br>Fruit Selection                                                                                                 |
| <b>26</b><br><b>Mozzarella Sticks*</b><br>w/ Marinara Sauce<br>Cucumber slices<br>Peach cup<br> | <b>27</b><br><b>French Toast Sticks*</b><br>w/ real maple syrup<br>Tater Tots<br>Orange Wedges<br> | <b>28</b><br><b>Chicken Broccoli Ziti*</b><br>Garlic Bread<br>Local Garden Salad<br>Apple Crisps                                                                                                  | <b>29</b><br><b>Breaded Chicken Drumstick*</b><br>Dinner Roll<br>Local Kale Slaw<br>Fruit Selection                             | <b>30</b><br><b>Mummy Dog* (Halal)</b><br>Spooky Sauce<br>Brown Sugar Maple<br>Baked Beans<br>Craisins                                                                                         |

All meals include choice of milk, daily vegetable, baby carrots, sesame-free hummus, and fruit selection.



Ovo-lacto vegetarian option

\*Whole-grain rich item

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