

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