

November 2026

Medford Public Schools 9-12 Lunch Menu

In order to qualify as a free meal, please note that **meals must include a fruit and/or vegetable.**

Meals that do not include a fruit or vegetable require payment.
And 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
Chicken or Vegan Chik'n Patty Sandwich* Local Lettuce & Tomato Vegetarian Beans V Fruit Selection	No School! 	Mac and Cheese* Local Spinach & Cranberry Salad Garlic Bread* Blueberry Applesauce V	Beef or Black Bean Burgers* w/ Local Lettuce & Tomato & Pickles Local Roasted Brussels Sprouts V Mixed Berry Cup	Chicken Enchilada Empanada Local Garden Salad Local Craisins
Chicken Tenders* Dinner Roll* Dippin' Sauce Brown Sugar Maple Baked Beans Mixed Fruit Cup	Local Beef & Bean Chili Tortilla Chips Shredded Cheddar Sour Cream Fruit Selection	Veterans Day 	General Tso's or Orange Chicken* Seasoned Brown Rice* Steamed Broccoli Fortune Cookie Local Pear	Mozzarella Sticks* w/ Marinara cup Local Garden Salad Peach cup V
Soft Pretzel w/ Cheese Cup French Fries Orange Wedges V	Beef & Cheese Nachos* Seasoned Local Black Beans Salsa, Guacamole, & Sour Cream V Fruit Selection	Egg & Cheese Croissant* Tater Tots Banana V	Turkey Dinner Mashed Potatoes Stuffing* Green Beans Dinner Roll* Local Cranberry Sauce Baked Apples	Turkey Pepperoni or Buffalo Chicken Pizza* Local Garden Salad Local Craisins
Popcorn Chicken* Mashed Potatoes Corn Garlic Bread Pear cup	French Toast Sticks* w/ real maple syrup Tater Tots Mixed Berry Cup V	Early Release! Nacho Snack Bag Tortilla Chips Cheese Cup Salsa Cup Crunchy Favas V Apple Crisps	Thanksgiving! 	
Pizza Crunchers* w/ Marinara cup Green Beans Mixed Fruit cup V	December 1 Peruvian Style Chicken Drumstick Garlic Knot BBQ Beans Fruit Selection	Pasta* & Meatballs w/Local Marinara Local Garden Salad Pear crisp	Beef or Black Bean Burgers* w/ Local Lettuce & Tomato & Pickles Local Cole Slaw V Banana	Halal Hot Dog* Local Roasted Butternut Squash Fruit Selection

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

V Ovo-lacto vegetarian option

*Whole-grain rich item

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