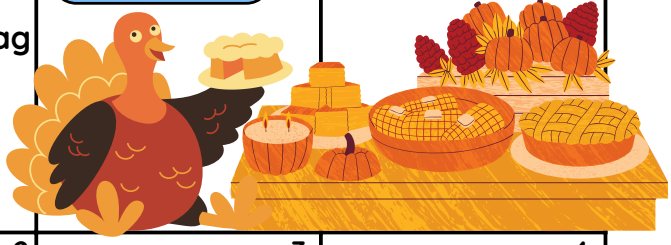
November 2026

Medford Public Schools K-5 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
2 **Chicken or Vegan Chik'n Patty Sandwich*** Local Lettuce & Tomato Vegetarian Beans (V) Fruit Selection	3 No School! 	4 **Mac and Cheese*** Roasted Broccoli Garlic Bread* Blueberry Applesauce (V)	5 **Beef or Black Bean Burgers*** w/ Local Lettuce & Tomato & Pickles Green Beans (V) Mixed Berry Cup	6 **Make-your-own Pizza Bento*** w/ Turkey Pepperoni Local Garden Salad Local Craisins
9 **Chicken Tenders*** Dinner Roll* Dippin' Sauce Brown Sugar Maple Baked Beans Mixed Fruit Cup	10 **Local Beef & Bean Chili** Cornbread Shredded Cheddar Sour Cream Fruit Selection	11 Veterans Day 	12 **Sweet & Sour Chicken*** Seasoned Brown Rice* Steamed Broccoli Fortune Cookie Local Pear	13 **Mozzarella Sticks*** w/ Marinara Sauce Local Garden Salad Peach cup (V)
16 **Soft Pretzel w/ Cheese Cup** French Fries Orange Wedges (V)	17 **Beef & Cheese Nachos*** Seasoned Local Black Beans Salsa, Guacamole, & Sour Cream (V) Fruit Selection	18 **Egg & Cheese Croissant*** Tater Tots Banana (V)	19 **Turkey Dinner** Mashed Potatoes Stuffing* Green Beans Dinner Roll* Local Cranberry Sauce Baked Apples	20 **Turkey Pepperoni or Cheese Pizza*** Local Garden Salad Local Craisins
23 **Popcorn Chicken*** Mashed Potatoes Corn Dinner Roll* Pear cup	24 **French Toast Sticks*** w/ real maple syrup Tater Tots Mixed Berry Cup (V)	25 Early Release! **Nacho Snack Bag** Tortilla Chips Cheese Cup Salsa Cup Apple Crisps (V)	26 Thanksgiving! 	27
30 **Pizza Crunchers*** w/ Marinara cup Green Beans Mixed Fruit cup (V)	December 1 **Peruvian Style Chicken Drumstick** Garlic Knot BBQ Beans Fruit Selection	2 **Pasta* & Meatballs w/Local Marinara** Local Garden Salad Apple-Pear crisp	3 **Beef or Black Bean Burgers*** w/ Local Lettuce & Tomato & Pickles Local Cole Slaw (V) Banana	4 **Halal Hot Dog*** Roasted Local 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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