

November 2026

Medford Public Schools 6-8 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* Roasted Broccoli Garlic Bread* Blueberry Applesauce V	Beef or Black Bean Burgers* w/ Local Lettuce & Tomato & Pickles Green Beans Mixed Berry Cup V	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 Cornbread Shredded Cheddar Sour Cream Fruit Selection	Veterans Day 	Sweet & Sour 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 Fruit Selection V	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 Apple Crisps V	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 Banana V	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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.