









MEDFORD HIGH SCHOOL

FEBRUARY 2012

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATIVE
		1 Beef and Cheese quesadilla w/ Corn, Brown rice and Pears	2 WG Rotini and meatballs w/ Garlic bread, Spinach and Fruit	3 WG French toast w/ Hash brown, Carrots and Strawberries	<p>A selection of salads, sandwiches, hot homemade pizza and a variety of fruits are available daily.</p> 
6 Cheeseburger or plain on WG bun w/Fries, Broccoli and Raisins	7 WG Mac and cheese w/Garlic bread, Green beans and Fruit	8 EARLY RELEASE NO LUNCH SERVED	9 Meatball sub on WG roll w/Dark green, leafy salad and Pears	10 Turkey dinner w/Sweet potato, WG bun, Sweet peas and Fruit	
13 Chicken fingers w/Mashed potato, Spinach and Strawberries	14 WG French toast w/Hash brown, Carrots and Fruit	15 Chicken noodle soup and Grilled cheese on WG Bread w/Green beans and Fruit	16 Taco plate w/Cheese, Lettuce, Salsa, Three bean salad and Fruit	17 Chef's Choice with a treat! 	<p>Along with each alternative meal you can choose a grain or bread, veggie, fruit and low fat milk.</p>  <p style="text-align: center;">Check out our Salad bar First Floor Cafeteria \$2.85 including milk</p>
20 	21 	22 	23 	24 	
27 Soft beef taco w/ Lettuce, Cheese, Tomato, Green beans and an Apple	28 Chicken fajita w/Brown rice, Broccoli and Fruit	29 Beef and cheese quesadilla w/Veggie beans, Corn and Fruit			
<p>*Lunch \$2.85 * Reduced Lunch \$0.40 *Breakfast \$1.00 *Reduced Breakfast \$0.30 *Milk \$0.50 Choice of: 1%, white, 1 % chocolate, skim, or Lactose Free This school lunch menu is subject to change. Nutritional information is available on Medford Public School website or in the Nurse's office. PLEASE NOTE WE ARE NO LONGER ACCEPTING PERSONAL CHECKS FOR TICKET SALES</p>					