








K-8 LUNCH MENU

FEBRUARY 2012

MEDFORD PUBLIC SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATIVE
		1 Beef and cheese quesadillas 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 & Cheese w/Garlic bread, Green beans and Fruit	8 Early Release Middle School Whole wheat Ham & cheese wrap w/Carrot stick and Fruit	9 Meatball sub on WG roll w/Dark green, leafy salad and Pears	10 Turkey dinner w/Sweet potato, WG bun, Sweet peas and Applesauce	
13 Chicken fingers w/Mashed potato, Spinach and Strawberries	14 WG French toast w/ Hash brown, Carrot stick and Fruit	15 Alphabet 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! 	
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 quesadillas w/Veggie beans, Corn and Fruit			<p>Before placing your order, please inform your server if a person in your party has a food allergy.</p>

*Lunch **\$2.50** * 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