



MARCH 2010 MEDFORD HIGH SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATIVES:
1 Chicken Patty on a Wheat Bun served w/ Baked Potato Puffs, Green Peas and Pears	2 Meatball Sub on a wheat roll served with Hash Brown, Carrot sticks, and fresh Apple or Orange	3 Beef and Cheese Quesadillas served with Corn Tortilla Chips, Salsa, Green Beans, and Mixed Fruit	4 Cheeseburger (or plain) Burger on a Wheat Bun served with Baked Fries, Corn, and a fresh Orange or Apple	5 Mozzarella Sticks served with Marinara Sauce, Garlic Bread, Side Salad, and Apricots	Hot Homemade Pizza ***** Tuna Sub or Turkey & Cheese Sub ***** Antipasto Salad w/ Pepperoni, mozzarella, olives & beans
8 Hot Dogs on Wheat rolls served with Baked Beans, Carrot sticks, and Peaches	9 Chicken Tenders and Lo Mein Noodles served with Asian Mixed Vegetables, Sweet & Sour sauce, and Pineapple	10 Early Release- No Lunch Served	11 Steak & Cheese Sub on a wheat roll served with Side Salad, Brown Rice, and a fresh Apple or Orange	12 Baked Macaroni and Cheese served with a Wheat Breadstick, Broccoli, and Dried Cherries or Apricots	Hot Homemade Pizza ***** Bagel & Cream Cheese with a cheese stick ***** Ham & Cheese Sub ***** Chicken Caesar Salad
15 Buffalo Chicken Tenders served with Ranch Dip, Baked fries, Green Peas, and Mixed fruit	16 Cheeseburger (or plain) Burger on Wheat Bun served with Baked Potato Puffs, Carrots, and a Banana	17 Turkey Patty with BBQ sauce on a Wheat Bun Served with Mashed Potatoes, Corn, and Apricots 	18 Spanish Rice & Beef Burrito served with Brown Rice, Side Salad, And a fresh Apple or Pear	19 Baked Whole Grain-Ziti with Ricotta and Mozzarella, Green Beans, Wheat Breadstick, and Peaches	Hot Homemade Pizza ***** Tuna Sub ***** Turkey & Cheese Sub ***** Ham & Cheese Chef's Salad
22 Cheeseburger (or plain) Burger on Wheat Bun served with Baked Fries, Carrots, and a fresh Apple or Pear	23 Crispy Chicken served with Honey Mustard on the side, Mashed Potatoes, Green Peas, and Mixed Fruit	24 Ham & Cheese Calzone served with Side Salad, Corn, and a fresh Apple or Orange	25 Chicken, Broccoli, and Pasta (in cheese sauce) served with Carrot Sticks, and Peaches	26 Fish Sticks served with Baked Potato Puffs, Tartar sauce on the side, Mixed Veggies, and Apricots	Hot Homemade Pizza ***** Bagel & Cream Cheese with a cheese stick ***** Ham & Cheese Sub ***** Chicken Caesar Salad
29 Chicken Parmigiana served with Whole Grain Pasta in Marinara Sauce, Green Beans, and Mixed Fruit	30 Mozzarella Sticks served with Marinara, Garlic Bread, Side Salad, and a fresh Apple or Orange	31 Turkey Dinner served with Mashed Potatoes, Corn, and Dried Cherries or Applesauce			Hot Homemade Pizza ***** Tuna Sub ***** Chicken Caesar Wrap ***** Ham & Cheese Salad

*Lunch \$2.85 * Reduced Lunch .40 *Breakfast \$1.00 *Reduced Breakfast .30 *Milk .50 (1%, white, 1 % chocolate, skim, or Lactose Free)
 Alternative Lunches are offered daily with all of the sides-see menu sidebar This school lunch menu is subject to change.
 Nutritional information is available on Medford Public School website or in the Nurse's office