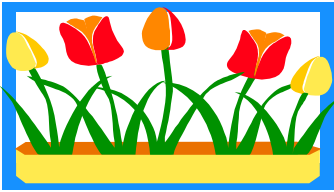



MARCH 2010

Medford Public Schools Grades K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATIVES:
1 Chicken Patty Sandwich on Wheat Bun served with Baked Potato Puffs, Green Peas, and Pears	2 French Toast Sticks served with a Hash Brown, Yogurt Carrot sticks, and Blueberry Sauce or Applesauce	3 Beef and Cheese Quesadillas served with Salsa, Corn Tortilla Chips, Green Beans, and fresh Apple	4 Cheeseburger (or plain Burger) on a Wheat Bun with Baked Fries, Corn, and Orange wedges	5 Mozzarella Sticks served with Marinara, Side Salad, Garlic Bread and Mixed Fruit	Hot, Homemade Pizza <u>Ham & Cheese</u> <u>on Wheat Bun</u> "Grab & Go" Salad <u>Turkey & Cheese</u> <u>with a Wheat Roll</u>
8 Hot Dog on Wheat Bun served w/ Baked Beans, Carrot Sticks, and Apricots	9 Chicken Tenders w/ Lo Mein Noodles served with Asian mixed Veggies, and a fresh Apple or Applesauce	10 early release M/HS Grilled Ham & Cheese Sandwich on Wheat, served with Carrots, Baked Potato Puffs, Honey Mustard on the side, and Peaches	11 Beef Taco (in a soft flour tortilla) w/ Cheese, Brown Rice, Salsa, Side Salad and Banana	12 Baked Macaroni & Cheese served with Broccoli and Orange wedges	Hot, Homemade Pizza <u>Honey Wheat Bagel</u> <u>w/ cream cheese & cheese stick</u> "Grab & Go" Salad: <u>Chicken Caesar</u> <u>with a Wheat Roll</u>
15 Turkey Patty w/ BBQ sauce on a Wheat Bun, served with Mashed Potatoes, Corn and Mixed Fruit	16 Whole Grain Pasta with Marinara Sauce, Meatballs on the side, Green Beans, and Apricots	17 Meatball Sub on wheat roll, served w/ Baked Fries, Peas, and fresh Apple or  Applesauce	18 Spanish Beef and Rice Burritos (taco beef, brown rice, cheese and tomato sauce) served w/ Side Salad and Orange wedges	19 Bagel Egg & Cheese Sandwich served w/ Hash Brown Carrot sticks, and Peaches	Hot, Homemade Pizza <u>Tuna on</u> <u>Wheat Sub Roll</u> "Grab & Go" Salad w/ <u>Ham & Cheese</u> <u>with a wheat roll</u>
22 Cheeseburger (or plain Burger) on Wheat Bun served w/ Baked Fries, Green Beans, and Apricots	23 Crispy Chicken served with Honey Mustard on the side, Mashed Potatoes, Carrots, and Peaches	24 Hot Dog on Wheat Bun served w/ Baked Beans, Carrot Sticks, and Orange Wedges	25 Beef and Cheese Quesadillas served with Salsa, Brown Rice, Corn, and fresh Apple	26 French Toast Sticks served with a Hash Brown, Yogurt and Blueberry Sauce or Apple	Hot, Homemade Pizza <u>SunButter & Jelly</u> <u>on Wheat Bread</u> "Grab & Go" Salad w/ <u>Crispy Chicken & Cheese</u> <u>and a Wheat Roll</u>
29 Chicken Parmigiana served w/ Whole Grain Rotini Pasta in Marinara Sauce, Green Peas and Mixed Fruit	30 Turkey Dinner with Mashed Potatoes, Brown Gravy, Beans, Wheat Breadstick and Craisins	31 Mozzarella Sticks served with Marinara, Side Salad, Garlic Bread and fresh Apple	Elementary Lunch \$2.35 * Middle School Lunch \$2.85 * Reduced Lunch .40 Breakfast \$1.00 * Reduced Breakfast .30 * Milk .50 (1%, white, 1 % chocolate or strawberry, skim, or Lactose Free) Alternative Lunches are offered daily with all of the sides-see menu sidebar. Nutritional information is available on the Medford Public School website or in the Nurse's office. This school lunch menu is subject to change.		