



SEPTEMBER 2010
MEDFORD HIGH SCHOOL
 LUNCH MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY ALTERNATIVES:

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| <p>Check out our Self-Serve Salad Bar located in the First Floor Cafeteria \$2.85 including milk</p>  | <p>8 <u>Mozzarella Sticks</u> served with side of Marinara Sauce, Brown Rice Pilaf, Broccoli, and a choice of fresh Fruit</p> | <p>9 <u>Barbecued Baked Chicken</u> served with Mashed Potatoes Green Peas, Corn Muffin, and Mixed Fruit</p> | <p>10 <u>Pasta in Marinara Sauce</u> with side of Meatballs, Side Salad, and choice of fresh Fruit</p> | <p>Cheese Pizza ***** Tuna Sub or Turkey & Cheese Sub ***** Greek Salad</p> | |
| <p>13 <u>Cheeseburger (or plain) Burger</u> on a Wheat Bun served with Baked Fries, Carrots, and Peaches</p> | <p>14 NO SCHOOL Professional Development Day</p> | <p>15 <u>Meatball Sub</u> on a Wheat roll served with a Hash Brown, Green Beans and choice of fresh Fruit</p> | <p>16 <u>Ham & Cheese Calzone</u> served with Baked Potato Puffs, Side Salad, and Pears</p> | <p>17 <u>Baked Macaroni & Cheese</u> served with Mixed Vegetables and a choice of fresh Fruit or dried Cherries</p> | <p>Cheese Pizza ***** Tuna Sub ***** Chicken, Bacon & Cheese Wrap ***** Antipasto Salad</p> |
| <p>20 <u>Beef Tacos</u> (in soft four tortillas) served with Spanish Brown Rice, Cheese, Salsa, Shredded lettuce, & Applesauce</p> | <p>21 <u>Buffalo Chicken Tenders</u> served with Ranch dip, Mashed Potatoes, Cucumber Wheels,, Wheat Breadstick & Pears</p> | <p>22 <u>"Monte Cristo"</u> <u>Panini Sandwich</u> (Thick sliced French Toast w/ ham & cheese) served with Maple syrup, Carrots, and a fresh Apple or Orange</p> | <p>23 <u>Chicken Parmigiana</u> served with Spaghetti in Marinara Sauce Side Salad, and Peaches</p> | <p>24 <u>Fish Fillet Sandwich</u> on Wheat Bun served with side of Tartar Sauce, Baked Potato Puffs, Green Beans and choice of fresh fruit</p> | <p>Cheese Pizza ***** Tuna Sub ***** Ham & Cheese Sub ***** Chef's Salad</p> |
| <p>27 <u>Mozzarella Sticks</u> served with side of Marinara Sauce, Hash Brown, Broccoli, and a choice of fresh Fruit</p> | <p>28 <u>Turkey & Cheese Quesadilla on Wheat wrap</u> served with Salsa, Spanish Brown Rice, Roasted Zucchini, and a choice of fresh Fruit</p> | <p>29 <u>Hot Dogs</u> on Wheat Rolls, served with Baked Beans, Carrot sticks, Ranch dip and a choice of fresh Fruit</p> | <p>30 <u>Cheeseburger (or plain) Burger</u> on a Wheat Bun served with Baked Fries, Corn, and a Watermelon wedge</p> | <p>1 <u>Stuffed Shells</u> in Marinara Sauce served with Side Salad, Garlic Bread, and choice of fresh Fruit</p> | <p>Cheese Pizza ***** Tuna Sub or Turkey & Cheese Sub ***** Crispy Chicken & Cheese Salad</p> |

Massachusetts Harvest for Students Week is September 27– October 1
 Medford Food Service is improving the nutritional value, quality, and taste of school meals, while supporting the local economy.

*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