



SEPTEMBER 2010

Medford Public Schools Grades K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATIVES:
		8 French Toast Sticks served with a Hash Brown, Carrots, Yogurt and Applesauce	9 Whole Grain Pasta with Marinara Sauce, Meatballs on the side, Side Salad, and Mixed Fruit	10 Chicken Tenders served with Corn, Baked Potato Puffs, and a fresh Apple	Hot, Homemade <u>Pizza</u> Tuna on a Wheat Sub Roll "Grab & Go" <u>Salad</u> Crispy Chicken & Cheese with a Wheat Roll
13 Cheeseburger (or plain Burger) on a Wheat Bun with Baked Fries, Green Peas, and Peaches	14 NO SCHOOL Professional Development Day	15 BBQ Turkey served with Mashed Potatoes, Mixed Vegetables, Cranberry Muffin and a fresh Pear	16 Meatball Sub on a Wheat roll, served w/ Baked Potato puffs, Side Salad, and Applesauce	17 Mozzarella Sticks served w/ Marinara Sauce, Spanish Brown Rice, Green beans, and Orange wedges	Hot, Homemade <u>Pizza</u> SunButter & Jelly on Wheat Bread "Grab & Go" <u>Salad w/ Ham & Cheese</u> and a Wheat Roll
20 Hot Dog on a Wheat Bun served w/ Baked Beans, Carrots, and Mixed Fruit	21 Chicken Tenders served w/ side of Sweet & Sour sauce, Lo Mien Noodles, Mixed Asian Veggies and Pineapple	22 Nacho Plate Corn tortilla chips topped w/ Taco Beef & Cheese, served w/ Salsa, Side Salad and a Banana	23 Fish Sticks served with Baked Potato Puffs, Corn, Dried Cherries or a fresh Peach	24 Turkey & Cheese Bagel Sandwich w/ (reduced fat) Cape Cod Chips, Carrot sticks, Pickles, and a Pears	Hot, Homemade <u>Pizza</u> Ham & Cheese on Wheat Sub Roll "Grab & Go" <u>Salad w/ Turkey & Cheese</u> and a Wheat Roll
27 French Toast Sticks served with Baked Potato Puffs, Yogurt, Carrot sticks, and a fresh Pear	28 Chicken Patty on a Wheat Bun served w/ Baked Fries, Cucumber Wheels, Ranch dip, and a fresh Apple	29 Stuffed Shells (Pasta & Ricotta Cheese) served in Marinara with a Side Salad, Garlic Bread, and a fresh Peach	30 Honey Baked Ham served with Mashed Potatoes, Roasted Zucchini, Corn Muffin and fresh Apple	1 Turkey & Cheese Quesadilla served with Salsa, Broccoli, Brown Rice and a fresh Melon wedge	Hot, Homemade <u>Pizza</u> Honey Wheat Bagel w/ cream cheese, cheese stick and a 4 oz. yogurt "Grab & Go" <u>Salad</u> Crispy Chicken & Cheese with a Wheat Roll

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.

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
 Nutritional information is available on the Medford Public School website or in the Nurse's office. This school lunch menu is subject to change.