

Medford Middle Schools

MARCH 2020

This institution is an equal opportunity provider.

HONOR ROLL

EVERYDAY CHOICES

Flame Broiled Lean Beef Patty
Chicken Patty: Original or Spicy;
Veggie Burgers **V**

NEW! Try our Daily Grill Special!

Daily Side – Fresh Baked Potato Fries or Tots



A MINIMUM OF 5 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety
Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals

Lunch Prices: Student: \$2.60 Adult: \$ 3.90	March's Fresh Pick is Leafy Greens! 		V = Vegetarian Items! Do you have food allergies? Please speak with your Kitchen managers to help plan your lunch!	 Thank you to our local farmers! Try a local apple or pear for lunch!
2 Zesty Pork Tacos Cilantro Rice & Zesty Beans	3 Loaded Bacon Cheese Fries w/ Rolls	4 Cheesy Breadsticks w/ Italian Marinara w/ Caesar Salad V	5 Chicken Ramen Bowl	6 Classic Spaghetti & Meat sauce w/ Seasoned Green Beans & Garlic Bread
9 Mini Cheese Ravioli w/ Parmesan Breadstick & Caesar Salad V	10 Soup & Sandwich Combo: Grilled Cheese & Choice of Tomato Basil or Chicken Noodle Soup	11 Chicken & Waffles Warm Berry Compote w/ Tater Tot Hash	12 Chicken Potato Bowl w/ Cheesy Mashed Potatoes & WW Roll	13 Beefy Homemade Lasagna w/ Caesar Salad
16 Bean & Cheese Enchilada w/ Aztec Corn V	17 Pork Pozole w/ Chips St Patty's Day!	18 Tater Temptations Loaded Baked Potato Bar w/ Assorted Toppings	19 Italian Meatball Sub w/ Caesar Salad	20 No Service – Spring Break Starts!
23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break
30 Cheesy Breadsticks w/ Italian Marinara w/ Green Beans	31 Hot Dog & Tots w/ Assorted Toppings	1 Korean Meatballs over Rice	2 Chicken & Waffles w/ Warm Berry Compote	3 Chicken Pesto Pasta w/ Caesar Salad



EVERYDAY CHOICES: Daily: Cheese (V) & Pepperoni Pizza

Mon: Italian Sausage **Tue:** Hawaiian / Supreme

Wed: Ham, Sausage & Olive / Buffalo Chicken

Thurs: Taco / BBQ Chicken Pizza

Fri: Pepperoni Calzone / Garlic Chicken Calzone



Monday: Teriyaki Chicken

Tuesday: Orange Chicken

Wednesday: Sweet & Sour Chicken

Thursday: Teriyaki Beef & Broccoli

Friday: Orange Chicken

Everyday Sides: Rice or Yakisoba Noodle & Fresh Veggie Stir Fry



EVERYDAY CHOICES

- Sunbutter & Jelly

- Turkey & Cheese

- Ham & Cheese **V**

- American Combo

- Mega-Veggie

All sandwiches served on WW Sub Rolls or Flatbread and include a trip through the Thrive Garden Bar.

Vegetarian options offered daily.



Nachos or Taco Salads:

with choice of Beef, Chicken, Pork, or Cheese

Tacos or Burritos:

with choice of Beef, Chicken, Pork, or Cheese

Every Day Sides: Refried

Beans, Spanish Rice,

Aztec Corn, Lettuce,

Tomato, Onion, Olive,

Jalapeno, Salsa



V = Vegetarian

Everyday Choices: Nutbutter & J Sandwich, Ham & Cheese Sub

Mon: Chicken Caesar Wrap, Hummus Box

Tues: Italian Sub, Chicken Caesar Salad w/ Roll

Wed: Buffalo Chicken Wrap, Vegetarian Garden Salad

Thurs: Turkey & Cheese Sub, Crispy Chicken Salad or Wrap

Fri: Chicken Bacon Ranch Wrap, Club Sandwich

A variety of entry-level employment opportunities are available with your friendly School Nutrition team.

<http://sodexo.balancetrak.com/201932631>

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