

# Medford Middle Schools

## JUNE 2018

The USDA and this institution are equal opportunity providers and employers.



### EVERYDAY CHOICES

Flame Broiled Lean Beef Patty

Chicken Patty: Original or Spicy

All sandwiches served on WW buns & include a trip through the Thrive Garden Bar.

Daily Side – Fresh Baked Potato Wedges



### 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

SP V

Low Fat or Fat Free Milk included with all meals

|  |   |  |  |  |
|--|---|--|--|--|
|  |   |  |  | 1<br>Mac & Queso w/ Blanched Broccoli<br>V |
| 4<br>Bean & Cheese Enchiladas w/ Roasted Corn<br>V | 5<br>Hedrick:<br>Corn Dog w/ French Fries<br><br>McLoughlin:<br>Orange Chicken Stir Fry | 6<br>BBQ Meatball Sub w/ Tater Tots                        | 7<br>Turkey Gravy w/ Mashed Potatoes & WG Roll | 8<br>Spaghetti & Meatsauce w/ Caesar Salad |
| 11<br>Cheesy Breadsticks w/ Marinara<br>V          | 12<br>Chili Frito Pie w/ Garden Salad<br>V  | 13<br>Soft Pretzel w/ Cheese Sauce & Caesar Salad<br>V     | 14<br>Popcorn Chicken Bowl w/ WG Roll          | 15<br>SUMMER VACATION!                     |
|  |   | Student Lunch Price:<br>\$ 2.60<br>Adult Price:<br>\$ 3.60 |  |  |



### EVERYDAY CHOICES

Daily: Cheese (V), Pepperoni

Mon: Sausage Tue: Hawaiian Wed: Supreme Thurs: Buffalo Chicken Fri: CALZONES!

This meal include a trip through the Thrive Garden Bar. V

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.



AVAILABLE AT HEDRICK ONLY AT THIS TIME

Monday: Teriyaki Chicken

Tuesday: Orange Chicken

Wednesday: Sweet & Sour Chicken

Thursday: Dragon Fire Chicken

Friday: General Tso's Chicken

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



### EVERYDAY CHOICES

-Turkey & Cheese

-Ham & Cheese

-American Combo

-Mega-Veggie V

All sandwiches served on WW Sub Rolls and include a trip through the Thrive Garden Bar. Vegetarian options offered daily.



Mon/Wed/Fri: Nachos or Taco Salads with choice of Beef, Chicken, Pork, or Cheese V

Tues/Thurs: Tacos or Burritos with choice of Beef, Chicken, Pork, or Cheese V

Every Day Sides: Refried Beans, Spanish Rice, Lettuce, Tomato, Onion, Olive, Jalapeno, Salsa



V Vegetarian

SP Smart Pick

Mon: Turkey & Cheese Sub, Chicken Caesar Wrap, Chef Salad

Tues: Ham & Cheese Sub, Crispy Chicken Wrap, Spicy Chicken Salad

Wed: Italian Sub, SW Chicken Wrap, Chicken Caesar Salad

Thurs: American Sub, Taco Salad, Buffalo Chicken Wrap

Fri: Italian Wrap, PB&J Sandwich, Crispy Chicken Salad

This institution is an equal opportunity provider and employer. Menus are subject to change.

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