

Medford Middle Schools

MAY 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

Low Fat or Fat Free Milk included with all meals

SP V

V	1 Boston Dog w/ Potato Wedges	2 Fish Sticks w/ Potato Wedges & Tartar Sauce w/ WG Roll	3 Turkey Gravy w/ Mashed Potatoes & WG Roll	4 Spaghetti & Meatsauce w/ Caesar Salad
7 Chili Verde Burrito w/ Cilantro Lime Rice	8 Chili Dog w/ Garden Salad V	9 Soft Pretzel w/ Cheese Sauce & Caesar Salad V	10 Popcorn Chicken Bowl w/ WG Roll	11 Chicken Parmesan Pasta w/ Blanched Broccoli
14 Cheesy Breadsticks w/ Marinara V	15 Maui Dog w/ Potato Wedges	16 Beef & Gravy w/ Mashed Potatoes & WG Roll	17 Fish Po Boy w/ Sriracha Slaw	18 Chicken Alfredo Pasta w/ Green Peas
21 Austin Dog w/ Potato Wedges	22 BBQ Chicken w/ Cheesy Potatoes & WG Roll	23 Pork Pazole Soup w/ Tortilla Chips	24 Sloppy Joe w/ Potato Wedges	25 Beef Stroganoff w/ Caesar Salad V
28 NO SCHOOL MEMORIAL DAY	29 Corn Dog w/ Potato Wedges	30 Rainbow Chili & Cheese Baked Potato w/ WG Roll	31 Grilled Cheese Sandwich w/ Tomato Soup V	Student Lunch Price: \$ 2.60 Adult Price: \$ 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.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).