




<p>26</p> <p>Lunch: Mini Cheese Ravioli w/ Roll *V Chicken Burger Ham & Cheese Sandwich Hummus Snack Pack *V Includes Fruits, Vegetables, & Milk</p>	<p>27</p> <p>Lunch: Rainbow Chili & Chips *V Big Daddy Pepperoni Pizza Egg Salad Sub *V Peppi Pizza Salad w/ Rolls Includes Fruits, Vegetables, & Milk</p>	<p>28</p> <p>Lunch: Cheesy Breadsticks w/ Marinara *V Chicken Nuggets w/ Roll Ham & Cheese Munchable SW Taco Salad w/ Tortilla Chips Includes Fruits, Vegetables, & Milk</p>	<p>29</p> <p>Lunch: BBQ Pork Sandwich Cheese Pizza *V Italian Sub Sandwich Crispy Chicken Salad w/ Rolls Includes Fruits, Vegetables, & Milk</p>	<p>30</p> <p>Lunch: Chicken Soft Tacos Cheeseburger or Hamburger Nut Butter & Jelly Sandwich *V Chicken Caesar Salad w/ WW Roll Includes Fruits, Vegetables, & Milk</p>
	<p>3</p> <p>Lunch: Baked WG Corn Dog Baked Pepperoni or Cheese Pizza Chicken Salad Sub Peppi Pizza Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>4</p> <p>Lunch: Hot Ham & Cheese Melt Chicken Nuggets w/WG Roll Seed/ Nut Butter & Jelly Sandwich *V Beef Taco Salad w/Tortilla Chips Includes Fruits, Vegetables, & Milk</p>	<p>5</p> <p>Lunch: National Cheese Pizza Day! Cheese Pizza *V BBQ Meatball Sub Tuna Sub *V Crispy Chicken Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>6</p> <p>Lunch: Spaghetti with Meat Sauce Cheeseburger or Hamburger Ham & Cheese Sandwich Lift-Off Salad w/WG Roll *V Includes Fruits, Vegetables, & Milk</p>
<p>9</p> <p>Lunch: French Toast Sticks & Sausage Chicken Burger Turkey & Cheese Sandwich Chef Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>10</p> <p>Lunch: Korean Meatballs over Rice Pepperoni or Cheese Pizza Italian Sub Chicken Caesar Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>11</p> <p>Lunch: Bean & Cheese Nachos *V Chicken Nuggets w/WG Roll Ham & Cheese Sandwich Chicken Taco Salad w/ Tortilla Chips Includes Fruits, Vegetables, & Milk</p>	<p>12</p> <p>Lunch: Chicken Mashed Potato Bowl w/WG Roll Cheese Pizza Egg Salad Sub *V Poppin' Chicken Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>13</p> <p>Lunch: Fry Friday! Homemade Mac & Cheese *V Cheeseburger or Hamburger w/ Seasoned Fries Combo Munchable Peppi Pizza Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>
<p>16</p> <p>Lunch: Beef & Cheese Tot'Chos w/WG Roll Chicken Burger American Sandwich Chicken Caesar Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>17</p> <p>Lunch: Fish & Chips w/ WG Roll Pepperoni or Cheese Pizza Chicken Salad Sub Peppi Pizza Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>18</p> <p>Lunch: NEW! Homemade Chicken Taquito Chicken Nuggets with w/WG Roll Seed/Nut Butter & Jelly Sandwich *V Beef Taco Salad w/Tortilla Chips Includes Fruits, Vegetables, & Milk</p>	<p>19</p> <p>Lunch: Orange Chicken over Rice Hawaiian or Cheese Pizza Tuna Sub Crispy Chicken Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>20</p> <p>Lunch: Cookie Day! Chicken Alfredo over Pasta Hamburger or Cheeseburger Ham & Cheese Sandwich Lift-Off Salad w/WG Roll *V Includes Fruits, Vegetables, & Milk</p>
<p>23</p> <p>Lunch: Baked WG Corn Dog Chicken Burger Turkey & Cheese Sandwich Chef Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>24</p> <p>Lunch: Beef & Broccoli over Rice Pepperoni or Cheese Pizza Italian Sub Chicken Caesar Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>	<p>25</p> <p>Lunch: Hot Dog on w/WG Bun Chicken Nuggets w/WG Roll Ham & Cheese Sandwich Chicken Taco Salad w/Tortilla Chips Includes Fruits, Vegetables, & Milk</p>	<p>26</p> <p>I Lunch: Grilled Cheese with Tomato Soup Chicken Ranch or Cheese Pizza Egg Salad Sub Poppin' Chicken Salad w/WG Roll Johnny Appleseed Day! Apple Crisp</p>	<p>27</p> <p>Lunch: Chicken Quesadilla Cheeseburger or Hamburger Combo Munchable Peppi Pizza Salad w/WG Roll Includes Fruits, Vegetables, & Milk</p>
<p>30</p> <p>Lunch: Beef & Cheese Nachos Chicken Burger Ham & Cheese Sandwich Hummus Snack Pack Includes Fruits, Vegetables, & Milk</p>	<p>Do you love working with kids? Are you seeking flexible and rewarding work? A variety of entry-level employment opportunities are available with your friendly School Nutrition team. http://sodexo.balancetrak.com/201917787</p>	 <p>So Happy Sodexo's menu app with nutrition and allergen information!</p>	 <p>Download on the App Store Scan to download the So Happy app from the App Store.</p>	<p>Thank you to our Local Farmers! This month we are featuring yummy produce from Fry Family Farms, Naumes Orchards and JL Orchards</p>

Welcome Back to School!

Medford School District is excited to provide students with, delicious nutritious offerings at all age and grade levels. We encourage you to contact us with questions, comments & suggestions about your child's dining experience. Your feedback is always encouraged, as it can help us to serve you & your child better.

Our outstanding school nutrition program will help your child be successful in the classroom and in their daily life.

A link to menus for all grade levels is available on the Medford Schools web page

The Clubhouse (Elementary School)- makes nutrition fun for elementary students. Featuring healthy food choices and fun events where every student feels part of the club!

Did You Know Cafe (Middle School)- is a dining program designed for students by students & an extension of the classroom with tasty daily choices in a fun environment where students learn about the foods they consume.

Taste4-promises to be the destination of choice for discerning high school students. Nutritious menus offer quality, variety and flexibility with a focus on authentic ethnic flavors. Customizable meals are made-to-order or self-service and designed to offer a maximum amount of flavor and personalization in a fast-paced environment designed for students on the go!

More Local Foods

We strive to use local Oregon and Northwest ingredients. We continue to increase the amount of local foods that we serve our students. We are very excited to continue to expand our local offerings by coordinating with **Rogue Valley Farm to School** and our local farmers to help provide a variety of fresh Rogue Valley produce throughout the current & upcoming growing season. September's crops include tender fresh cherry tomatoes in a myriad of colors and varieties from pear shaped yellow to striped heirloom, Sweet mini snack colored bell peppers, and succulent cucumbers from Fry Family Farms. We will also be featuring Rogue Valley Pears from **Naumes Orchards** and fruit from Thomas Orchards in Bend.

Much of this produce is in the field one day & on our salad bars the next!

Breakfast is Free!

for the first two weeks of school at all schools

And free for Free and Reduced eligible students all year and at CEP Schools!

Mornings are rushed and we know your child doesn't always have time to eat breakfast at home. We've got it covered with hot, fresh and delicious options that will jump start your students' day. Beginning the day with a healthy breakfast can enhance their brain power, attention, and energy. We have whole grain bagels, cereal, oatmeal, yogurt, muffins made from scratch, in addition to a hot entrée offered daily.

Check out Channel 12- In the Kitchen Tuesdays and Thursdays in August or online for Great back to school recipes inspired by our School Menus!

<https://www.kdrv.com/features/in-the-kitchen/>

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



SCHOOL MEAL PRICES:

LUNCH: REDUCED MEALS: \$0.40; PAID: \$2.95; ADULTS: \$3.75
INVEST IN YOUR STUDENT'S LONG TERM HEALTH -
PURCHASE SCHOOL MEALS!



