

December 2024

Malden Public Schools K-8

LUNCH MENU

Possible Daily Offerings:

Turkey or Ham Sandwich

Sun Butter & Jelly

The American Cheese Sandwich
All on Wheat Bread

Fun Lunch(V)

Fruit Yogurt Cup
Cheese Stick
And a Whole Grain Muffin

Bento Box Varieties

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat
Milk

Powering
potential.

	MON	TUES	WED	THURS	FRI
	Crispy Chicken Sandwich Tater Tots Tomato Poppers Apple Slices	Soft Taco Black Beans Cucumber Slices Fruit Salad	Homemade Meat Sauce served over Pasta Whole Grain Dinner Roll Steamed Green Beans Baby Carrots Fresh Pears	Juicy Hamburger Halal Burger Sweet Potato Fries Celery Sticks Sweet Oranges	Shop Style Cheese or Pepperoni Pizza Side Salad Steamed Mixed Vegetables Fresh Plums
	Cheesy Chicken Parmesan Sandwich Spiral Fries Celery Sticks Whole Apples	Beef Tater Tot Boat Shredded Cheddar Steamed Corn Red Beans Orange Smiles	Meatball Sub Crinkle Fries Baby Carrots Fresh Pears	Golden Chicken Tenders Halal Nuggets Tender Brown Rice Steamed Broccoli Tomato Poppers Fresh Plums	Deep Dish Personnel Pizza Side Salad Steamed Green Beans Mixed Melons
	Sweet & Tangy Orange Chicken Over Whole Grain Rice Roasted Broccoli Baby Carrots Shiny Red Apples	Delicious Beef & Cheese Nachos Steamed Corn Black Beans & Shredded Cheddar Juicy Oranges	Cheeseburger Mac & Cheese Teamed Peas Celery Sticks Whole Grain Dinner Roll Fresh Pears	All Beef Hot Dogs ✓ Halal Hot Dogs ✓ Vegetarian Baked Beans ✓ Cucumber Slices ✓ Fruit Blend ✓	Early Dismissal
	No School	No School	No School	No School	No School
	No School	No School			

Menus are subject to change.

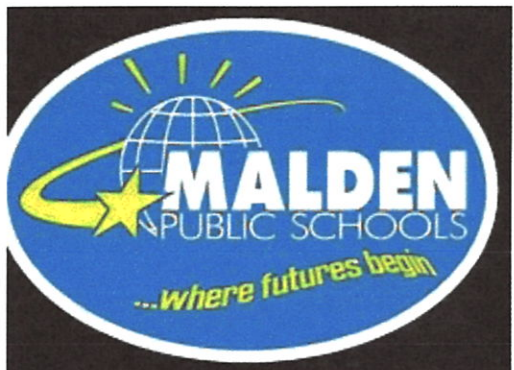
(Please inform your Service of Any Food Allergy You may Have)

For Questions Please Call Food Service
781-397-6035

When Possible We Source Locally Grown Produce



This institution is an equal opportunity provider.



December 2024

Malden Public Schools

E.L.C. LUNCH MENU

Possible Daily Offerings:

All American Cheese Sandwich

Sun Butter & Jelly

When Possible we Source Locally Grown Produce

All Lunches Must Include

Choice of: Fruits and/or Vegetable

And May Include: 1% Low-Fat Milk

Powering potential.

MON	TUES	WED	THURS	FRI
2 Crispy Chicken Sandwich Tater Tots Red Beans Apple Slices	3 Cheesy Croissant Melt Sweet Potato Fries Cucumber Slices Cantaloupe	4 Homemade Marinara served over Pasta Steamed Green Beans Red Pepper Strips Diced Pears	5 Juicy Hamburger Smiley Fries Steamed Peas Orange Smiles	6 Deep Dish Personal Pizza Side Salad Steamed Mixed Vegetables Diced Peaches
9 Popcorn Chicken Sweet Steamed Carrots Broccoli/Ranch Apple Sauce	10 Delicious Cheese Nachos Steamed Corn Black Beans & Orange Smiles	11 Cheesy Breadstick Side of Marinara Cucumber Slices Apple Slices	12 Golden Chicken Tenders Red Pepper Strips Roasted Broccoli Cantaloupe	13 Deep Dish Personnel Pizza Side Salad Steamed Green Beans Mixed Melons
16 Chicken Tenders Smiley Fries Steamed Carrots Sliced Red Apples	17 All Beef Hamburger Steamed Corn Vegetarian Baked Beans Orange Smiles	18 Mac & Cheese Roasted Broccoli Tater Tots Diced Pears	19 Pizza Crunchers Steamed Green Peas Cucumber Slices Apple Sauce	20 Early Dismissal
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

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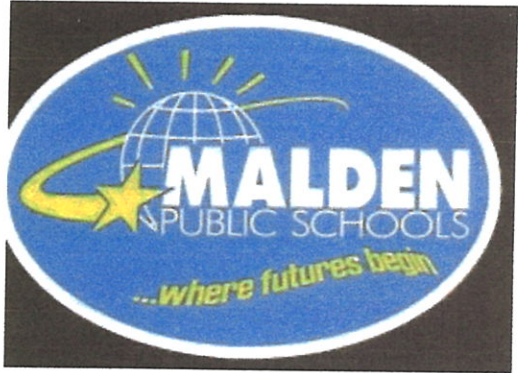
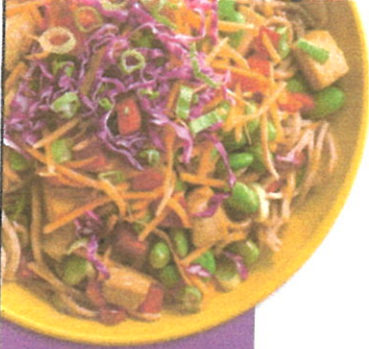
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December 2024

Malden Public Schools 5-8 LUNCH MENU

Possible Daily Offerings:

- Turkey or Ham Sandwich
- Sun Butter & Jelly
- The American Cheese Sandwich
All on Wheat Bread
- Fun Lunch(V)
- Fruit Yogurt Cup
- Cheese Stick
- And a Whole Grain Muffin
- Bento Box Varieties

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
Crispy Chicken Sandwich Tater Tots Tomato Poppers Apple Slices	Soft Taco Black Beans Cucumber Slices Fruit Salad	Homemade Meat Sauce served over Pasta Dinner Roll Steamed Green Beans Baby Carrots Fresh Pears	Juicy Hamburger Halal Burger Sweet Potato Fries Celery Sticks Sweet Oranges	Shop Style Cheese or Pepperoni Pizza Side Salad Steamed Mixed Vegetables Fresh Plums
Cheesy Chicken Parmesan Sandwich Spiral Fries Celery Sticks Whole Apples	Beef Tater Tot Boat Shredded Cheddar Steamed Corn Red Beans Orange Smiles	Meatball Sub Crinkle Fries Baby Carrots Fresh Pears	Golden Chicken Tenders Halal Nuggets Tender Brown Rice Steamed Broccoli Tomato Poppers Fresh Plums	Deep Dish Personnel Pizza Side Salad Steamed Green Beans Mixed Melons
Sweet & Tangy Orange Chicken Over Whole Grain Rice Roasted Broccoli Baby Carrots Shinny Red Apples	Delicious Beef & Cheese Nachos Steamed Corn Black Beans & Shredded Cheddar Juicy Oranges	Cheeseburger Mac & Cheese Roasted Broccoli Celery Sticks Whole Grain Dinner Roll Fresh Pears	All Beef Hot Dogs Halal Hot Dogs Vegetarian Baked Beans Cucumber Slices Fruit Blend	Early Dismissal
No School	No School	No School	No School	No School
No School	No School			

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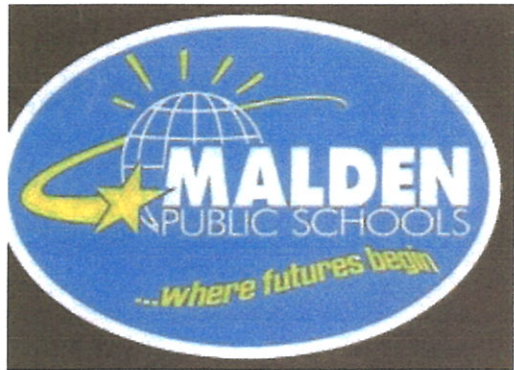
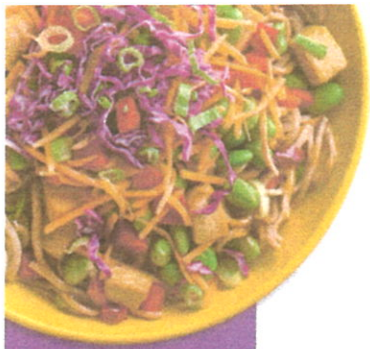
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Malden Public High School LUNCH MENU

Made to Order Deli Bar

Various Cold Cuts
Cheeses, Tuna Salads, Egg Salad, Chicken Salad, Lettuce & Tomato

Yogurt & Fruit Parfaits(V)

Yogurt & Fruit Platters(V)

Halal Available Thursdays Upon Request. Please order on Wednesdays

All Lunches Must Include
Choice of: Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
2 Chicken Parmesan Sandwich Spiral Fries Tomato Poppers Apple Slices	3 Teriyaki Beef & Broccoli White Rice Bowl Baby Carrots Orange Smiles	4 Homemade Meat Sauce served over Pasta Whole Grain Dinner Roll Steamed Green Beans Baby Carrots Fresh Pears	5 <i>Shepard's Pie</i> <i>Halal Burger</i> <i>Sweet Potato Fries</i> <i>Celery Sticks</i> <i>Sweet Oranges</i>	6 Shop Style Cheese or Pepperoni Pizza Side Salad Steamed Mixed Vegetables Fresh Plums
9 Waffles served with Sausage Links Warm Sweet Blueberries Celery Sticks Whole Apples	11 Chicken Tater Tot Bacon Boat Cucumber Slices Fruit Salad	11 Meatball Sub Crinkle Fries Baby Carrots Fresh Pears	12 Chicken Alfredo Halal Nuggets Roasted Broccoli Tomato Poppers Fresh Plums	13 Deep Dish Personnel Pizza Side Salad Steamed Green Beans Mixed Melons
16 <i>General Tso Chicken</i> <i>Roasted Broccoli</i> <i>Baby Carrots</i> <i>Shinny Red Apples</i>	17 Buffalo Chicken Dip Steamed Corn Black Beans & Juicy Oranges	18 Cheeseburger Mac & Cheese Teamed Peas Celery Sticks Whole Grain Dinner Roll Fresh Pears	19 Hot Dog Bar Halal Hot Dogs Vegetarian Baked Beans Cucumber Slices Fruit Blend	20 Early Dismissal
23 No School	24 No School	25 No School	25 No School	27 No School
30 No School	31 No School			

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