



Malden Steam Academy
September 2021 - Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	Bacon Cheeseburger Cheeseburger Tuna Salad Sandwich 🍴 Bagel Lunch 🌱 Baked Beans Baby Carrots Mixed Fruit Fresh Orange	2 Whole Grain Pancakes with Sausage Tuna Salad Sandwich 🍴 Bagel Lunch 🌱 Crispy Potato Puffs Fresh Banana Broccoli Florets Raisins	3 Closed
6 Closed	7 Homemade Chicken Parm 🍴 Pasta Al Dente Spaghetti Sauce Not-A-Nut Butter & Jelly Sandwich 🌱 Grilled Chicken Salad with Dinner Rolls 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Turkey & Cheese Sandwich	8 Fluffy Whole Grain Pancakes 🌱 Egg Patty Crispy Potato Puffs Grilled Chicken Salad with Dinner Rolls 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich	9 Chicken Nuggets Rice & Beans Bagel Lunch 🌱🍴 Cream Cheese Grilled Chicken Salad with Dinner Rolls 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich	10 Classic Cheese Pizza Sautéed Kale Bagel Lunch 🌱🍴 Cream Cheese Grilled Chicken Salad with Dinner Rolls 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich
13 Cheesy Stuffed Bread Sticks 🌱 Sweet Corn Chilled Pizza Sauce Ham & Cheese Sandwich Ham Sandwich Fresh Garden Salad with Sliced Egg 🌱🍴 Garden Salad with Cheese Entree 🌱🍴 Not-A-Nut Butter & Jelly Sandwich 🌱	14 Meatball Dunkers Pasta Al Dente Roasted Squash Ham & Cheese Sandwich Ham Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Fresh Garden Salad with Sliced Egg 🌱🍴 Garden Salad with Cheese Entree 🌱🍴 Yogurt, Cereal, Cheese	15 Crispy Popcorn Chicken Rice Krispy Treat Square Green Beans Fresh Garden Salad with Sliced Egg 🌱🍴 Garden Salad with Cheese Entree 🌱🍴 Ham & Cheese Sandwich Ham Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Yogurt, Cereal, Cheese	16 Nachos with Cheese 🌱 Refried Beans Mild Salsa Iceberg Lettuce Fresh Garden Salad with Sliced Egg 🌱🍴 Garden Salad with Cheese Entree 🌱🍴 Ham & Cheese Sandwich Ham Sandwich Simply Boxed Yogurt Sunrise 🌱🍴	17 Classic Cheese Pizza Garlic Ginger Broccoli Ham & Cheese Sandwich Ham Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Fresh Garden Salad with Sliced Egg 🌱🍴 Garden Salad with Cheese Entree 🌱🍴 Simply Boxed Yogurt Sunrise 🌱🍴
20 Grilled Cheese Sandwich 🌱 Tomato Soup Tuna Nicoise Salad Plate 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Chicken Caesar Wrap 🍴 Not-A-Nut Butter & Jelly Sandwich 🌱 Fruity Granola Parfait	21 Chicken with Gravy Fluffy Mashed Potatoes Apple Cobbler Side Whole Wheat Dinner Roll Tuna Nicoise Salad Plate 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Chicken Caesar Wrap 🍴 Not-A-Nut Butter & Jelly Sandwich 🌱	22 Cheeseburger Classic Beef Burger Squash Medley Tuna Nicoise Salad Plate 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Chicken Caesar Wrap 🍴 Not-A-Nut Butter & Jelly Sandwich 🌱 Fruity Granola Parfait	23 Crispy Tacos Rice & Beans Iceberg Lettuce Tuna Nicoise Salad Plate 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Chicken Caesar Wrap 🍴 Not-A-Nut Butter & Jelly Sandwich 🌱 Fruity Granola Parfait	24 Classic Cheese Pizza Sautéed Bok Choy Tuna Nicoise Salad Plate 🍴 Romaine & Chickpea Salad with 2 Dinner Rolls 🌱🍴 Chicken Caesar Wrap 🍴 Not-A-Nut Butter & Jelly Sandwich 🌱 Fruity Granola Parfait
27 Mozzarella Sticks 🌱 Oven Baked Fries Chicken Caesar Salad 🍴 Garden Salad with Cheese Entree 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Simply Boxed Pepperoni and Cheese Protein	28 Beef Hot Dog on Bun Sweet Potato Fries Chicken Caesar Salad 🍴 Garden Salad with Cheese Entree 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Simply Boxed Pepperoni and Cheese Protein	29 Stir Fry Chicken & Asian Vegetable Rice Bowl 🍴 Chicken Caesar Salad 🍴 Garden Salad with Cheese Entree 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱 Simply Boxed Pepperoni and Cheese Protein	30 Nachos with Cheese 🌱 Sofrito Black Beans Salsa Iceberg Lettuce Chicken Caesar Salad 🍴 Garden Salad with Cheese Entree 🌱🍴 Turkey & Cheese Sandwich Turkey Sandwich Not-A-Nut Butter & Jelly Sandwich 🌱	1

* Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This instruction is an equal opportunity provider.