



September 2022

MALDEN PUBLIC SCHOOLS | ELC MENU



Daily Special:

"Cheesy"

Cheese Sandwich on Whole Grain Bread

"Juicy"

Hamburger on a Whole Grain Bun

Every Meals Comes Complete with Choice of Fruit and Veggie Bar Selections

When possible, we will source locally grown produce and veggies. Nutrient Dense Grains are always available.

Milk Choices Include: 1% White, Low Fat Chocolate

Powering potential.™



| MON | TUES | WED | THURS | FRI |
|---|--|--|---|---|
| | | Bento Box 31 Turkey Pinwheel Goldfish Crackers Cucumber Coins Fresh Fruit Ice Cold Milk | "Tasty" 1 Fruit & Granola Parfait Mozzarella Cheese Stick Red Pepper Strips w/ Hummus Dipping Cup Ice Cold Milk | No School 2 |
| 5 LABOR DAY No School | 6 No School | "Protein Pack" 7 Hummus Mozzarella Cheese Stick Cucumber Coins Fresh Fruit Bag of Baked Scoops Ice Cold Milk | "Fun Lunch" 8 Muffin Go-Gurt Mozzarella Cheese Stick Fresh Fruit Red Pepper Strips w/ Hummus Dipping Cup Ice Cold Milk | 9 Roasted Turkey & Cheese on Wheat Bread Bag of Baked Chips Corn Nibletts Fresh Strawberries Ice Cold Milk |
| "Fan Favorite" 12 Baked Chicken Nuggets Mashed Potatoes Fresh Fruit Ice Cold Milk | "Yummy" 13 Pizza Cruncher Tossed Salad Fresh Fruit Ice Cold Milk | Bento Box 14 Yogurt Goldfish Crackers Cucumber Coins Fresh Fruit Ice Cold Milk | "Tasty" 15 Fruit & Granola Parfait Mozzarella Cheese Stick Red Pepper Strips w/ Hummus Dipping Cup Ice Cold Milk | "Warm" 16 Toasted Cheese Sandwich Corn Nibletts Fresh Strawberries Ice Cold Milk |
| 19 "Crispy" Baked Chicken Tenders Mashed Potatoes Fresh Fruit Ice Cold Milk | 20 Breakfast for Lunch French Toast Sticks Turkey Sausage w/ Maple Syrup Dragon Fruit Juice Ice Cold Milk | "Tex- Mex" 21 Bento Box Cheese Dipping Sauce Salsa Cucumber Coins Fresh Fruit Ice Cold Milk | "Fun Lunch" 22 Yogurt Mozzarella Cheese Stick Animal Crackers Fresh Fruit Red Pepper Strip w/ Hummus Dipping Cup Ice Cold Milk | "Warm" 23 Egg & Cheese Croissant Sandwich Corn Nibletts Fresh Strawberries Ice Cold Milk |
| "Fan Favorite" 26 Baked Chicken Nuggets Mashed Potatoes Fresh Fruit Ice Cold Milk | "Yummy" 27 Pizza Crunchers Tossed Salad Fresh Fruit Ice Cold Milk | Bento Box 28 Yogurt Goldfish Crackers Cucumber Coins Fresh Fruit Ice Cold Milk | "Tasty" 29 Fruit & Granola Parfait Mozzarella String Cheese Red Pepper Strips w/ Hummus Dipping Cups Ice Cold Milk | "Crispy" 30 Baked Chicken Tenders Corn Nibletts Fresh Strawberries Ice Cold Milk |

(ENJOY FREE BREAKFAST EVERY DAY)

Mon: Chewy Banana Oat Bar, Chilled Fruit Cup & Choice Of Milk

Tues: Soft Whole Grain Multigrain Bar, Apple Slices & Choice of Milk

Weds: Whole Grain Muffin, Baby Banana & Choice of Milk

Thurs: Whole Grain Bagel w/ Cream Cheese, Orange Smiles & Choice of Milk

Fri: Fruit Yogurt, Graham Crackers, Fresh Melon Cup & Choice of Milk

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



This institution is an equal opportunity providers

Menus are subject to change.