



MALDEN PUBLIC SCHOOLS | K-8 MENU

| MON | TUES | WED | THURS | FRI |
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| | | 31 Mozzarella Sticks Cucumber Coins Grape Tomatoes Local Watermelon Ice Cold Milk | 1 "Classic" Crispy Chicken Breast Sandwich on a Whole Grain Roll Baby Carrot Sticks w/ Ranch Dressing Juicy Grapes Ice Cold Milk | 2 No School |
| 5 LABOR DAY No School | 6 No School | 7 "Tex Mex" Chicken Quesadilla Corn Nibletts Bag of Apple Slices Ice Cold Milk | 8 "Mama's" Chicken Parm Sandwich Zucchini Coins Orange Smiles Ice Cold Milk | 9 "Shop Style" Slice of Pizza Garden Salad Local Watermelon Ice Cold Milk |
| 12 "Jumbo" Crispy Chicken Fingers Whole Grain Breaded Bag of Gold Fish Cheddar Crackers Grape Tomato Poppers Granny Smith Apples Ice Cold Milk | 13 "Ball Park Frank" All Beef Hot Dog Boston Baked Beans Bag of Pretzels Corn Nibletts Ice Cold Milk | 14 "Bon Appetite" Warm Turkey and Cheese Croissant Sandwich Fresh Strawberries Celery Sticks w/ Ranch Dressing 100% Fruit Juice Ice Cold Milk | 15 "Little Italy" Penne Pasta w/ Meatballs Baby Carrot Sticks Baby Banana Ice Cold Milk | 16 "Shop Style" Slice of Pizza Baby Spinach Salad w/ Strawberries Juicy Red Grapes Ice Cold Milk |
| 19 "Crispy" Boneless Chicken Wings Red & Green Pepper Strips Orange Smiles Ice Cold Milk | 20 "Off the Grill" Juicy Cheeseburger on a Whole Grain Bun Crisp Hash Brown Potato Ruby Red Apple Ice Cold Milk | 21 "Sunday Dinner" Crispy Chicken Drumsticks Cucumber Coins w/ Hummus Bag of Apple Slices Ice Cold Milk | 22 "Mouth Popping" Popcorn Chicken Boat Grape Tomato Poppers w/ Ranch Dressing Fresh Mixed Melon Cup Ice Cold Milk | 23 "Shop Style" Slice of Pizza Spring Mix Salad Fresh Strawberries Ice Cold Milk |
| 26 "Fan Favorite" Baked Chicken Nuggets Cucumber Coins Hummus Dipping Cup Fresh Cantaloupe Ice Cold Milk | 27 "Two Taco Tuesday" Beef Taco Kit Side of Lettuce & Salsa Corn Nibletts Fresh Pear Ice Cold Milk | 28 "Breakfast for Lunch" French Toast Sticks w/ Maple Syrup Turkey Sausage Links Baby Carrots Sticks 100% Fruit Juice Ice Cold Milk | 29 "California Club" Grilled Chicken w/ Honey Mustard Side of Guacamole Celery Sticks Fresh Pineapple Ice Cold Milk | 30 "Shop Style" Slice of Pizza Garden Side Salad Juicy Red Grapes Ice Cold Milk |

Daily Special:

"Power Pack Bento Box"

Juicy Grapes
Whole Grain Goldfish
Yogurt
Carrots

"Jammie"

Sunbutter & Jelly

Salad of The Day

with
Whole Grain Snack Bag

Deli Sandwich of The Day

on a Whole Grain Bulky Roll

"Fun Lunch Combo Meal"

Go-Gurt Tube
Mozzarella String Cheese
Delicious Fruit Cup
Whole Grain Muffin

Fresh Fruit Parfait

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



ENJOY FREE BREAKFAST EVERY DAY

Mon: Whole Grain Muffin, Scooby Snack, Fruit Cup & Milk
Tues: Whole Grain Cereal Bowl, Animal Cracker, Juice Box & Milk
Weds: Power Protein Bar, Raisins & Milk
Thurs: Whole Grain Muffin, Scooby Snack, Craisins & Milk
Fri: Chewy Oatmeal Bar, Giant Goldfish Graham, Capris Sun Juice & 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.