

# November 2024

## Malden Public Schools

### K-8

### Lunch Menu

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**Possible Daily Options**

Turkey or Ham Sandwich  
Sun butter & Jelly Sandwich  
All American Cheese Sandwich  
In Slice 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.**

				<sup>1</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Mixed Vegetables Fresh Apples
<sup>4</sup> Delicious Chicken Parmesan Sandwich Spicy Curley Fries Baby Carrots Oranges	<sup>5</sup> No School for Students today Enjoy Your Day off	<sup>6</sup> <b>Fall Brunch Plate</b> Pancakes Served with a Warm Apple, Pear & Cranberries Compote, Sausage Links with Warm & Juicy Blueberries	<sup>7</sup> Crispy Chicken Tenders or Halal Nuggets Mixed Vegetables Celery Sticks Apples	<sup>8</sup> French Bread Pizza Cheese or Pepperoni Side Salad Steamed Carrots Cantaloupe
<sup>11</sup> <b>Veterans Day</b>	<sup>12</sup> Tex Mex Beef Boat Whole Grain Rice, Corn & Shredded Cheddar Black Beans Juicy Oranges	<sup>13</sup> Homemade Mac & Cheese Steamed Mixed Vegetables Red Pepper Strips Honeydew Melons	<sup>14</sup> <b>Cheeseburger Or Halal Burger</b> <b>Smiley Fries</b> <b>Celery Sticks</b> <b>Fresh Plums</b>	<sup>15</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Baby Carrots Fresh Pears
<sup>18</sup> <b>Popcorn Chicken Boat</b> Tater Tots, Bacon & Gravy Baby Carrots Apple Slices	<sup>19</sup> Buttery Grilled Cheese Sandwich Sweet Potato Fries Cucumber Slices Orange Smiles	<sup>20</sup> <b>Pasta with Meat Sauce</b> W/ Wheat Roll Roasted Zucchini Heirloom Tomato Poppers Cantaloupe	<sup>21</sup> <b>Beef Hot Dog Or Halal Hot Dog</b> <b>Vegetarian Baked Beans</b> Cucumber Slices Local Red Apples	<sup>22</sup> <b>Brunch for Lunch</b> French Toast Hash Brown Rounds Sausage Links Baby Carrots Orange Slices
<sup>25</sup> Pasta & Chicken in a Creamy Alfredo Sauce Wheat Roll Steamed Broccoli Red Pepper Strips Cantaloupe	<sup>26</sup> Deep Dish Personal Pizza Steamed Peas Cucumber Slices Mixed Melons	<sup>27</sup> Early Release Day	<sup>28</sup> Enjoy Your Day	<sup>29</sup> Enjoy Your Day

**Menus are subject to change.**

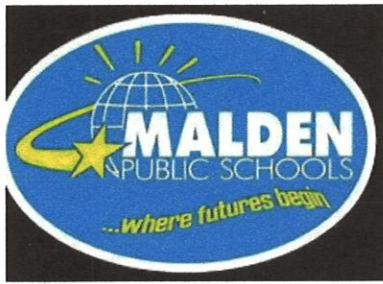
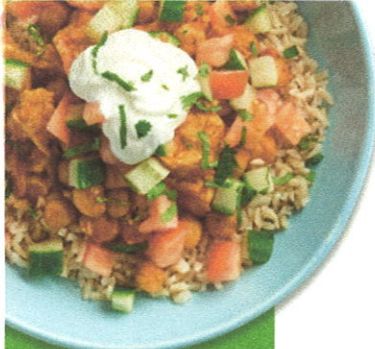
(Please Inform Your Server of Any Food Allergy)  
For questions please call Food Service  
781-397-6035

Halal Options Served Every Thursday Upon Request  
When Possible We Source Locally Grown Produce



This institution is an equal opportunity provider.





# November 2024

## Malden Public Schools

5-8

### Lunch Menu

#### Possible Daily Options

Turkey or Ham Sandwich  
Sun butter & Jelly Sandwich  
All American Cheese Sandwich  
In Slice 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

				<sup>1</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Mixed Vegetables Fresh Apples
<sup>4</sup> Delicious Chicken Parmesan Sandwich Spicy Curley Fries Baby Carrots Oranges	<sup>5</sup> No School for Students today Enjoy Your Day off	<sup>6</sup> <b>Fall Brunch Plate</b> Pancakes Served with a Warm Apple, Pear & Cranberries Compote, Sausage Links with Warm & Juicy Blueberries	<sup>7</sup> Crispy Chicken Tenders or Halal Nuggets Mixed Vegetables Celery Sticks Apples	<sup>8</sup> French Bread Pizza Cheese or Pepperoni Side Salad Steamed Carrots Cantaloupe
<sup>11</sup> <b>Veterans Day</b>	<sup>12</sup> Tex Mex Beef Boat Whole Grain Rice, Corn & Shredded Cheddar Black Beans Juicy Oranges	<sup>13</sup> Homemade Mac & Cheese Steamed Mixed Vegetables Red Pepper Strips Honeydew Melons	<sup>14</sup> <b>Cheeseburger Or Halal Burger</b> <b>Smiley Fries</b> <b>Celery Sticks</b> <b>Fresh Plums</b>	<sup>15</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Baby Carrots Fresh Pears
<sup>18</sup> <b>Popcorn Chicken Boat</b> Tater Tots, Bacon & Gravy Baby Carrots Apple Slices	<sup>19</sup> Buttery Grilled Cheese Sandwich Sweet Potato Fries Cucumber Slices Orange Smiles	<sup>20</sup> <b>Pasta with Meat Sauce</b> W/ Wheat Roll Roasted Zucchini Heirloom Tomato Poppers Cantaloupe	<sup>21</sup> <b>Beef Hot Dog Or Halal Hot Dog</b> <b>Vegetarian Baked Beans</b> Cucumber Slices Local Red Apples	<sup>22</sup> <b>Brunch for Lunch</b> French Toast Hash Brown Rounds Sausage Links Baby Carrots Orange Slices
<sup>25</sup> Pasta & Chicken in a Creamy Alfredo Sauce Wheat Roll Steamed Broccoli Red Pepper Strips Cantaloupe	<sup>26</sup> Deep Dish Personal Pizza Steamed Peas Cucumber Slices Mixed Melons	<sup>27</sup> <b>Early Release Day</b>	<sup>28</sup> <b>Enjoy Your Day</b>	<sup>29</sup> <b>Enjoy Your Day</b>

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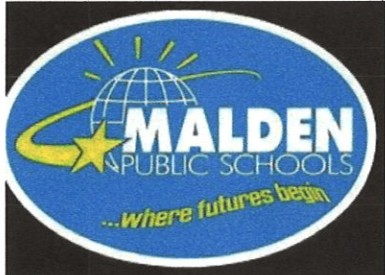
Halal Options Served Every Thursday Upon Request

When Possible We Source  
Locally Grown Produce



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# November 2024

## Malden Public High School Lunch Menu

**Made to Order Deli Bar**

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

Yogurt & Fruit(V)  
Parfaits  
Yogurt & Fruit Platters(V)

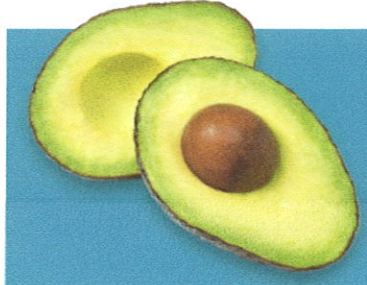
**Halal Available Thursdays Upon Request. Please Order on Wednesdays.**

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

**Powering potential.**

MON	TUES	WED	THURS	FRI
				<sup>1</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Mixed Vegetables Fresh Apples
<sup>4</sup> Delicious Chicken Parmesan Sandwich Spicy Curley Fries Baby Carrots Oranges	<sup>5</sup> No School for Students today Enjoy Your Day off	<sup>6</sup> <b>Fall Brunch Plate</b> Pancakes Served with a Warm Apple, Pear & Cranberries Compote, Sausage Links with Warm & Juicy Blueberries	<sup>7</sup> Homemade Shepard's Pie Made With Layers of Beef, Mashed Potato & Mixed Vegetables Celery Sticks Apples	<sup>8</sup> French Bread Pizza Cheese or Pepperoni Side Salad Steamed Carrots Cantaloupe
<sup>11</sup> <b>Veterans Day</b>	<sup>12</sup> Tex Mex Beef Boat Whole Grain Rice, Corn & Shredded Cheddar Black Beans Juicy Oranges	<sup>13</sup> Homemade Mac & Cheese Steamed Mixed Vegetables Red Pepper Strips Honeydew Melons	<sup>14</sup> <b>Buffalo Chicken Dip served with Tortilla Chips Celery Sticks Fresh Plums</b>	<sup>15</sup> Shop Style Cheese or Pepperoni Pizza Side Salad Baby Carrots Fresh Pears
<sup>18</sup> <b>Popcorn Chicken Boat</b> Tater Tots, Bacon & Gravy Baby Carrots Apple Slices	<sup>19</sup> Buttery Grilled Cheese Sandwich Sweet Potato Fries Cucumber Slices Orange Smiles	<sup>20</sup> <b>Pasta with Meat Sauce</b> W/ Wheat Roll Roasted Zucchini Heirloom Tomato Poppers Cantaloupe	<sup>21</sup> <b>Hot Dog Bar</b> <b>Vegetarian Baked Beans</b> Baby Carrots Local Red Apples	<sup>22</sup> <b>Brunch for Lunch</b> French Toast Hash Brown Rounds Sausage Links Baby Carrots Orange Slices
<sup>25</sup> Pasta & Chicken in a Creamy Alfredo Sauce Wheat Roll Steamed Broccoli Red Pepper Strips Cantaloupe	<sup>26</sup> Deep Dish Personal Pizza Steamed Peas Cucumber Slices Mixed Melons	<sup>27</sup> Early Release Day	<sup>28</sup> Enjoy Your Day	<sup>29</sup> Enjoy Your Day

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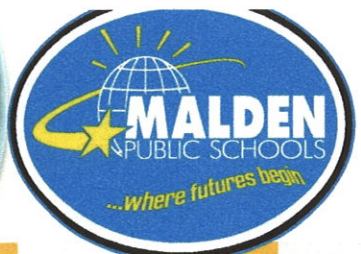
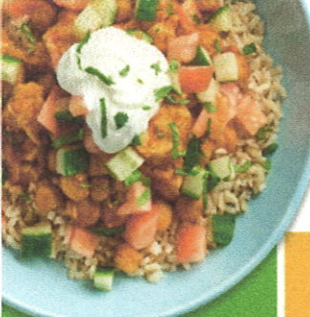


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# Malden Public Schools

## November's E.L.C. Menu

**MON**      **TUES**      **WED**      **THURS**      **FRI**

**Possible Daily Offerings**

- All American Cheese Sandwich
- Sun Butter & Jelly

When Possible, We Will Purchase Locally And Source Out Farm To Table Ingredients

Served with Grain, Fresh Vegetable & Fruit

Milk Included With Each Meal  
Fat-Free White  
1% White Milk

Please Notify Your Server of any Food Allergy

**Menu Subject to Change**

Powering potential.

MON	TUES	WED	THURS	FRI
				1 <i>Deep Dish Personal Size Pizza</i> <i>Side Salad</i> <i>Garbanzo Beans</i> <i>Apple Sauce</i>
4 <i>Cheesy Nachos</i> <i>Steamed Corn</i> <i>Red Beans</i> <i>Apple Slices</i>	5 <b>No School for Students</b> <i>Enjoy your Day Off</i>	6 <i>Crispy Chicken Sandwich</i> <i>Sweet Potato Fries</i> <i>Steamed Mixed Vegetables</i> <i>Pears</i>	7 <i>Juicy Hamburgers</i> <i>Smiley Fries</i> <i>Steamed Peas</i> <i>Cantaloupe</i>	8 <i>Cheesy French Bread Pizza</i> <i>Red Pepper Strips</i> <i>Side Salad</i> <i>Orange Slices</i>
11 <b>Veterans Day</b>	12 <i>Cheesy Croissant Melt</i> <i>Tater Tot</i> <i>Steamed Carrots</i> <i>Cantaloupe</i>	13 <i>Mac &amp; Cheese</i> <i>Steamed Peas</i> <i>Cucumber Slice</i> <i>Diced Peaches</i>	14 <i>Delicious Popcorn</i> <i>Chicken</i> <i>Crinkle Fries</i> <i>Steamed Mix Veggies</i>	15 <i>Crispy Stuffed Pizza</i> <i>Crunchers</i> <i>Red Pepper Strips</i> <i>Side Salad</i> <i>Orange Slices</i>
18 <i>Cheesy Croissant</i> <i>Tater Tot</i> <i>Steamed Carrots</i> <i>Apple Sauce</i>	19 <i>French Toast Sticks</i> <i>Turkey Sausage Patty</i> <i>Tater Tot</i> <i>Cucumber Slices</i> <i>Orange Slices</i>	20 <i>Pasta &amp; Marinara Sauce</i> <i>Steamed Broccoli</i> <i>Black Beans</i> <i>Peaches</i>	21 <i>Crispy Chicken Sandwich</i> <i>Sweet Potato Fries</i> <i>Steamed Corn</i> <i>Honey Dew Melon</i>	22 <i>French Bread</i> <i>Cheese or Pepperoni Pizza</i> <i>Side Salad</i> <i>Cucumber</i> <i>Pears</i>
25 <i>Cheesy Croissant</i> <i>Tater Tot</i> <i>Steamed Carrots</i> <i>Fresh Peaches</i>	26 <i>Pizza Crunchers</i> <i>Marinara Sauce</i> <i>Steamed Vegetables</i> <i>Diced Pears</i>	27 <b>NO LUNCH</b>	28 <i>Enjoy Your Day Off</i>	29 <b>No School</b>

