



Malden Public Schools

October's K-8 Menu

	MON	TUES	WED	THURS	FRI
	30	1	2	3	4
Daily Offerings		Beef & Cheese Nachos	Half Day Of School Lunch Will Not Be Served	Cheeseburger Halal Burger	Cheese or Pepperoni French Bread Pizza
Turkey & Cheese		Steamed Corn		Baked Beans	Side Salad
Ham & Cheese		Red Beans		Roasted Cauliflower	Cucumber Slices
Lettuce, Tomato & Cheese offered on all Sandwiches		Apples		Melon	Blueberries
The All-American Cheese Sandwich	7	8	9	10	11
Sun Butter & Jelly Available Daily	Meatball Hoagie	Mini Corn Dogs	Pasta with Meat sauce	Chicken Tenders	Shop Style Cheese or Pepperoni Pizza
All Sandwiches served with Vegetable, Fruit And Cold Milk	Crinkle Fries	Mix Vegetables	Whole Wheat Dinner Roll	Halal Chicken Nuggets	Roasted Red Beets
	Roasted Zucchini	Roasted Broccoli	Tomato Poppers, Roasted Butternut Squash	Tater Tots	Side Salad
	Red Grapes	Cantaloupe	Pears	Sweet Green Peas	Orange
	14	15	16	17	18
When Possible, We Will Purchase Locally And Source Out Farm To Table Ingredients	Columbus Day No School	Chicken Nuggets	Chicken Pasta Alfredo	Beef Hot Dogs	Cheese or Pepperoni Shop Style Pizza
Served with Grain, Vegetable & Fruit		Mashed Potatoes	Whole Wheat Dinner Roll	Halal Hot Dogs	Side Salad
Milk Included With Each Meal		Corn Cobbets	Steamed Broccoli	Sweet Potato Fries	Garbanzo Beans
Fat-Free White 1% White Milk		Orange Smiles	Grape Tomatoes	Roasted Beets	Green Grapes
	21	22	23	24	25
Powering potential.	Breakfast at Lunch, French Toast Sticks	Crispy Chicken Sandwich	Pasta with Meat Sauce, Whole Dinner Roll	All Beef Cheeseburger & Halal Burgers	Cheese or Pepperoni Personal Size Pan Pizza
	Turkey Sausage	Roasted Kale Chips	Steamed Green Beans	Roasted Cauliflower	Roasted Broccoli
	Black Beans	Baby Carrots	Tomato Poppers	Crinkle Fries	Sliced Cucumbers
	Tatar Tots	Fresh Pears	Apple	Banana	Cantaloupe
	Fresh Peaches				
	28	29	30	31	
	Crispy Chicken Sandwich	Crispy Fish Stick Dinner	Pasta & Meatballs Dinner, Whole Wheat Dinner Roll	Orange Chicken Over Rice	Menu Subject to Change
	Sweet Potato Fries, Green Beans	Fresh Made Cole Slaw	String Beans	Mixed Vegetable Celery Sticks	
	Pears	Orange Slices	Baby Carrots	Bananas	
			Fresh Melon		



Malden Public Schools

October's 5-8 Menu

MON	TUES	WED	THURS	FRI
Breakfast Available Daily	1 <i>Beef & Cheese Nachos Steamed Corn Red beans Apples</i>	2 <i>Half Day Of School Lunch Will Not Be Served</i>	3 <i>Chicken Carnitas Side of Rice Black Beans Roasted Cauliflower Melon</i>	4 <i>Cheese or Pepperoni French Bread Pizza Side Salad Cucumber Slices Blueberries</i>
	7 <i>Meatball Hoagie Crinkle Fries Roasted Zucchini Red Grapes</i>	8 <i>Mini Corn Dogs Fresh Made Cole Slaw Roasted Broccoli Cantaloupe</i>	9 <i>Pasta with Meat sauce Tomato Poppers, Roasted Butternut Squash Pears</i>	10 <i>Oven Roasted Bone In BBQ Chicken Mashed Potatoes Sweet Green Peas Bananas</i>
14 <i>Columbus Day No School</i>	15 <i>Atomic Cheese Burgers (Pepper Jack Cheese) Potato Wedges Black Beans Orange Smiles</i>	16 <i>Chicken Pasta Alfredo Steamed Broccoli Grape Tomatoes Apples</i>	17 <i>Chicken Parmesan on a Delicious Roll Sweet Potato Fries Roasted Beets Honey Dew Melon</i>	18 <i>Delicious Stuffed Pizza Cruncher Side Salad Garbanzo Beans Green Grapes</i>
21 <i>Breakfast at Lunch, French Toast Sticks Turkey Sausage Baby Carrots Tatar Tots Fresh Peaches</i>	22 <i>Crispy Chicken Sandwich Roasted Kale Chips Black Beans Fresh Pears</i>	23 <i>Pasta with Meat Sauce Steamed Green Beans Tomato Poppers Apple</i>	24 <i>Kastu Chicken Bowl Roasted Cauliflower Brown Rice Banana</i>	25 <i>Cheese or Pepperoni Personal Pan Pizza Roasted Broccoli Sliced Cucumbers Cantaloupe</i>
28 <i>Crispy Chicken Sandwich Sweet Potato Fries, Green Beans Pears</i>	29 <i>Cheese Stuffed Breadsticks Marinara Dipper Steamed Green Beans Garbanzo Beans Orange Slices</i>	30 <i>Orange Chicken Over Rice Mixed Vegetables Celery Sticks Fresh Melons</i>	31 <i>Beef & Bean Burritos Steamed Corn Baby Carrots Bananas</i>	<i>Menu Subject to Change</i>

Possible Daily Offerings

Turkey & Cheese
Ham & Cheese

Sun Butter & Jelly

Yogurt Parfaits
Fresh Made Salads

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

Served with Grain, Fresh Vegetable & Fruit

Halal Options Available on Thursdays

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

Powering potential.



Malden Public Schools

October's E.L.C. Menu

	MON	TUES	WED	THURS	FRI
		1	2	3	4
Breakfast Available Daily		<i>Cheese Nachos Steamed Corn Red beans Apple Slices</i>	<i>Half Day Of School Lunch Will Not Be Served</i>	<i>Golden Chicken Fingers Sweet Potato Fries Steamed Peas Melon</i>	<i>Cheesy French Bread Pizza Side Salad Cucumber Slices Bananas</i>
	7	8	9	10	11
<i>Cheesy Croissant Melt Crinkle Fries Steamed Mix Vegetables Diced Pears</i>		<i>Hamburger Tater Tots Steamed Carrots Cantaloupe</i>	<i>Pasta with Marinara Sauce Steamed Peas Cucumber Slices Diced Peaches</i>	<i>Popcorn Chicken Mashed Potatoes Steamed Corn Bananas</i>	<i>Pizza Crunchers Red Pepper Strips Side Salad Orange Slices</i>
	14	15	16	17	18
<i>Columbus Day No School</i>		<i>French Toast Sticks Tatar Tots Cucumber Slices String Cheese Orange Smiles</i>	<i>Mac & Cheese Steamed Broccoli Black Beans Apple Slices</i>	<i>Crispy Chicken Sandwich Sweet Potato Fries Steamed Corn Honey Dew Melon</i>	<i>Delicious Stuffed Pizza Cruncher Side Salad Garbanzo Beans Apple Sauce</i>
	21	22	23	24	25
<i>Cheesy Croissant Tatar Tots Steamed Carrots Fresh Peaches</i>		<i>Pasta with Marinara Sauce Steamed Green Beans Sliced Fresh Pears</i>	<i>Golden Chicken Fingers Smiley Fries Steamed Broccoli Beans Tomato Poppers Apple</i>	<i>Pancakes with Maple Syrup Steamed Corn Side Salad Banana</i>	<i>Cheese or Pepperoni Personal Pan Pizza Roasted Broccoli Sliced Cucumbers Cantaloupe</i>
	28	29	30	31	
<i>Crispy Chicken Sandwich Sweet Potato Fries, Steamed Green Beans Diced Pears</i>		<i>Cheese Stuffed Breadsticks Marinara Dipper Steamed Green Peas Garbanzo Beans Orange Slices</i>	<i>Popcorn Chicken Over Rice Mixed Vegetables Sliced Cucumbers Fresh Melons</i>	<i>Hamburger Crinkle Fries Steamed Corn Bananas</i>	<i>Menu Subject to Change</i>

Possible Daily Offerings

Turkey & Cheese
Ham & Cheese

Sun Butter & Jelly

Yogurt Parfaits
Fresh Made Salads

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

Served with Grain, Fresh Vegetable & Fruit

Halal Options Available on Thursdays

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

Powering potential.



Malden Public Schools

October's High School Menu

MON	TUES	WED	THURS	FRI
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<p>Possible Daily Offerings</p> <p>Turkey & Cheese Ham & Cheese</p> <p>Sun Butter & Jelly</p> <p>Yogurt Parfaits Fresh Made Salads</p> <p>When Possible, We Will Purchase Locally And Source Out Farm To Table Ingredients</p> <p>Served with Grain, Fresh Vegetable & Fruit</p> <p>Milk Included With Each Meal Fat-Free White 1% White Milk</p>	<p>Breakfast Available Daily</p>	<p>1</p> <p><i>Buffalo Mac & Cheese</i> <i>Steamed Corn</i> <i>Red beans</i> <i>Apples</i></p>	<p>2</p> <p><i>Half Day Of School Lunch Will Not Be Served</i></p>	<p>3</p> <p><i>Chicken Lo Mein</i> <i>Celery Sticks</i> <i>Mixed Vegetables</i> <i>Melon</i></p>	<p>4</p> <p><i>Cheese or Pepperoni French Bread Pizza</i> <i>Side Salad</i> <i>Cucumber Slices</i> <i>Blueberries</i></p>
	<p>7</p> <p><i>Meatball Hoagie</i> <i>Crinkle Fries</i> <i>Roasted Zucchini</i> <i>Red Grapes</i></p>	<p>8</p> <p><i>Chicken Katsu Bowl</i> <i>Sliced Cucumber</i> <i>Roasted Broccoli</i> <i>Cantaloupe</i></p>	<p>9</p> <p><i>Pasta with Meat sauce</i> <i>Tomato Poppers,</i> <i>Roasted Butternut Squash</i> <i>Pears</i></p>	<p>10</p> <p><i>Country Chicken Bowl</i> <i>Mashed Potato</i> <i>Sweet Green Peas</i> <i>Bananas</i></p>	<p>11</p> <p><i>Shop Style Cheese or Pepperoni Pizza</i> <i>Roasted Red Beets</i> <i>Side Salad</i> <i>Orange</i></p>
	<p>14</p> <p><i>Columbus Day No School</i></p>	<p>15</p> <p><i>Atomic Cheese Burgers</i> <i>(Pepper Jack Cheese And Jalapenos)</i> <i>Potato Wedges</i> <i>Black Beans</i> <i>Orange Smiles</i></p>	<p>16</p> <p><i>American Chop Suey</i> <i>Broccoli</i> <i>Grape Tomatoes</i> <i>Apples</i></p>	<p>17</p> <p><i>Chicken Parmesan Sandwich</i> <i>Crinkle Fries</i> <i>Mixed Vegetables</i> <i>Honey Dew Melon</i></p>	<p>18</p> <p><i>Delicious Stuffed Pizza Cruncher</i> <i>Side Salad</i> <i>Garbanzo Beans</i> <i>Green Grapes</i></p>
	<p>21</p> <p><i>Breakfast at Lunch, French Toast Sticks</i> <i>Turkey Sausage</i> <i>Baby Carrots</i> <i>Tatar Tots</i> <i>Fresh Peaches</i></p>	<p>22</p> <p><i>Beef Mac & Cheese</i> <i>Sweet Peas</i> <i>Black Beans</i> <i>Fresh Pears</i></p>	<p>23</p> <p><i>Orange Chicken Over Rice</i> <i>Roasted Cauliflowers</i> <i>Celery Sticks</i> <i>Apple</i></p>	<p>24</p> <p><i>Philly Cheese Steak</i> <i>Roasted Cauliflower</i> <i>Crinkle Fries</i> <i>Banana</i></p>	<p>25</p> <p><i>Cheese or Pepperoni Personal Pan Pizza</i> <i>Roasted Broccoli</i> <i>Sliced Cucumbers</i> <i>Cantaloupe</i></p>
	<p>28</p> <p><i>Thai Chicken Bowls</i> <i>Over Rice</i> <i>Green Peas</i> <i>Pears</i></p>	<p>29</p> <p><i>Cheese Stuffed Breadsticks</i> <i>Marinara Dipper</i> <i>Steamed Mix Vegetables</i> <i>Garbanzo Beans</i> <i>Orange Slices</i></p>	<p>30</p> <p><i>BBQ Chicken On the Bone</i> <i>Sweet Potato Fries</i> <i>Tomato Poppers</i> <i>Fresh Melons</i></p>	<p>31</p> <p><i>Grilled Ham & Cheese</i> <i>Tatar Tots</i> <i>Baby Carrots</i> <i>Bananas</i></p>	<p><i>Menu Subject to Change</i></p>

Powering potential.

