

Malden Public Schools High School September Menu

MON	TUES	WED	THURS	FRI
2. Happy Labor Day	3. No Lunches Served today	4. Orange Chicken Over Rice Steamed Carrots Celery Sticks Grapes Cold Milk	5. Beef Hot Dog Bar Halal Hot Dogs Baked Beans Broccoli, Melon Cold Milk	6. Cheese or Pepperoni French Bread Pizza Salad & Grape Tomatoes Cold Milk
9 Popcorn Chicken Bowl Mashed Potato Steamed Corn Gravy Red Grapes Cold Milk	10 Pasta with Meat Sauce Tomato Poppers Green Beans Cantaloupe Cold Milk	11 Shepard's Pie Layered Beef, Carrots and Potato Served with Pears Cold Milk	12 BBQ Chicken Tater Tots Sweet Green Peas Bananas Cold Milk	13 Shop Style Cheese or Pepperoni Pizza Sliced Cucumbers Side Salad Orange Cold Milk
16 BBQ Pulled Pork Over Rice Cucumber Slices Black Beans Apple Sauce Cold Milk	17 Beef Potato Bar Bar Steamed Corn Orange Cold Milk	18 Chicken Pasta Alfredo Steamed Broccoli Cucumber Slices Apples Cold Milk	19 Meatloaf Mashed Potato Steamed Corn Black Beans Honey Dew Melon Cold Milk	20 Cheese or Pepperoni French Bread Pizza Side Salad Green Grapes Cold Milk
23 Orange Chicken Over Rice Celery Sticks Mixed Vegetables Diced Peaches Cold Milk	24 Made to Order Tater Tot Bar Steamed Corn Pears Cold Milk	25 Pasta with Meat Sauce Baby Carrots Green Beans Apple Cold Milk	26 BBQ Chicken & Crinkle Fries Sweet Peas Banana Cold Milk	27 Cheese or Pepperoni Pizza Shop Style Side Salad Roasted Broccoli Cantaloupe Cold Milk
30 Pasta & Meatballs Tomato Poppers Green Beans Pears Cold Milk				

Daily Offerings

- Turkey & Cheese
- Ham & Cheese
- Lettuce, Tomato & Cheese offered on all Sandwiches
- The All-American Cheese Sandwich
- Sun Butter & Jelly Available Daily
- All Sandwiches served with Vegetable, Fruit And Cold Milk

Halal Meals served every Thursday upon request

Halal Meals Served Every Thursday upon request

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

Served with Grain, Vegetable & Fruit and Ice Cold Milk

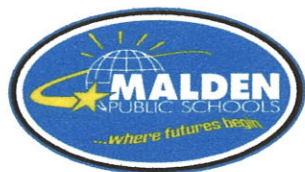
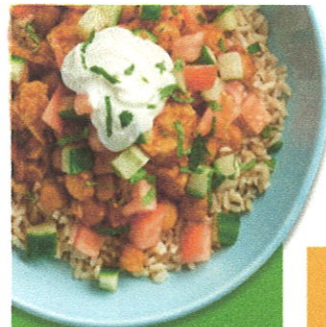
Powering potential.

Menus are subject to change.



This institution is an equal opportunity providers

ENJOY FREE BREAKFAST EVERY DAY



Malden Public Schools September's Salemwood 5-8

	MON	TUES	WED	THURS	FRI
	2. Happy Labor Day	3. No Lunches Served today	4. Popcorn Chicken, Baby Carrots, Broccoli, Grape Cold Milk	5. Cheeseburger Halal Burger Steamed Carrots Baked Beans Broccoli, Melon Cold Milk	6. Cheese or Pepperoni French Bread Pizza Salad & Grape Tomatoes, Apple Cold Milk
	9 Meatball Hoagie Crinkle Fries Mixed Vegetables Red Grapes Cold Milk	10 Chicken Fajita Bowl Roasted Peppers Onions Roasted Corn Cantaloupe Cold Milk	11 Pasta with Meat sauce Tomato Poppers, Green Beans Pears Cold Milk	12 Chicken Tenders Halal Chicken Nuggets Tater Tots Sweet Green Peas Bananas Cold Milk	13 Shop Style Cheese or Pepperoni Pizza Side Salad Celery Sticks Orange Cold Milk
	16 Pop Corn Chicken Crinkle Fries Cucumber Slices Apple Sauce Cold Milk	17 Beef and Cheese Nachos Steamed Corn Red Beans Orange Cold Milk	18 Chicken Pasta Alfredo Steamed Broccoli Baby Carrots Apples Cold Milk	19 Beef Hot Dogs Halal Hot Dogs Sweet Potato Fries Baked Beans Honey Melon Cold Milk	20 Cheese or Pepperoni French Bread Pizza Side Salad Sliced Cucumber Green Grapes Cold Milk
	23 Soft Tacos Celery Sticks Black Beans Diced Peaches Cold Milk	24 Chicken Tater Tot Bacon Bowl Steamed Carrots Pears Cold Milk	25 Pasta with Meat Sauce Green Beans Red Beets Apple Cold Milk	26 All Beef Cheeseburger & Halal Burgers Crinkle Fries Steamed Corn Banana Cold Milk	27 Cheese or Pepperoni Shop Style Pizza Side Salad Roasted Broccoli Cantaloupe Cold Milk
	30 Chicken Parmesan Sweet Potato Fries Steamed Corn Pears Cold Milk		Menu subject to change		

Daily Offerings

Turkey & Cheese

Ham & Cheese

Lettuce, Tomato & Cheese offered on all Sandwiches

The All-American Cheese Sandwich

Sun Butter & Jelly Available Daily

All Sandwiches served with Vegetable, Fruit And Cold Milk

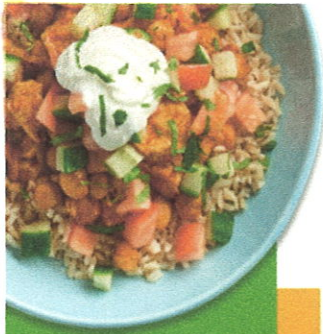
When Possible, We Will Purchase Locally And Source Out Farm To Table Ingredients

Served with Grain, Vegetable & Fruit

Milk Choices Include:
1% White
Fat-Free White

Powering potential.





Malden Public Schools September's K-8 Menu

Daily Offerings

Turkey & Cheese

Ham & Cheese

Lettuce, Tomato & Cheese offered on all Sandwiches

The All-American Cheese Sandwich

Sun Butter & Jelly Available Daily

All Sandwiches served with Vegetable, Fruit And Cold Milk

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

Served with Grain, Vegetable & Fruit

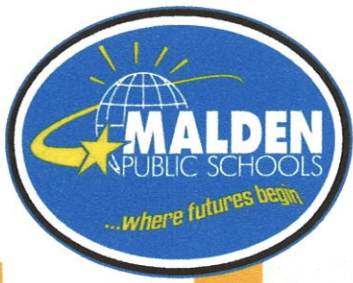
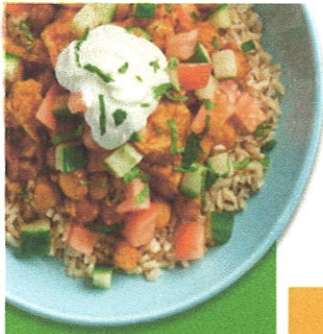
Milk Choices Include:
Fat-Free White
1% White Milk

Powering Potential.

MON	TUES	WED	THURS	FRI
2. <i>Happy Labor Day</i>	3. <i>No Lunches Served today</i>	4. <i>Popcorn Chicken, Baby Carrots, Broccoli, Grapes Cold Milk</i>	5. <i>Cheeseburger Halal Burger Steamed Carrots Baked Beans Broccoli, Melon Cold Milk</i>	6. <i>Cheese or Pepperoni French Bread Pizza Salad, Broccoli Apple Cold Milk</i>
9 <i>Meatball Hoagie Crinkle Fries Mixed Vegetables Red Grapes Cold Milk</i>	10 <i>French Toast Sticks Tater Tots Corn Turkey Sausage Cantaloupe Cold Milk</i>	11 <i>Pasta with Meat sauce Tomato Poppers, Green Beans Pears Cold Milk</i>	12 <i>Chicken Tenders Halal Chicken Nuggets Tater Tots Sweet Green Peas Bananas Cold Milk</i>	13 <i>Shop Style Cheese or Pepperoni Pizza Side Salad Celery Sticks Orange Cold Milk</i>
16 <i>Pop Corn Chicken Crinkle Fries Cucumber Slices Apple Sauce Cold Milk</i>	17 <i>Beef & Cheese Nachos Steamed Corn Red Beans Orange Smiles Cold Milk</i>	18 <i>Chicken Pasta Alfredo Steamed Broccoli Baby Carrots Apples Cold Milk</i>	19 <i>Beef Hot Dogs Halal Hot Dogs Sweet Potato Fries Baked Beans Honey Dew Melon Cold Milk</i>	20 <i>Cheese or Pepperoni Shop Style Pizza Side Salad Cucumber Slices Green Grapes Cold Milk</i>
23 <i>Beef Soft Tacos Celery Sticks Black Beans Diced Peaches Cold Milk</i>	24 <i>Crispy Chicken Sandwich Sweet Potato Fries Steamed Carrots Pears Cold Milk</i>	25 <i>Pasta with Meat Sauce Green Beans Red Beets Apple Cold Milk</i>	26 <i>All Beef Cheeseburger & Halal Burgers Crinkle Fries Steamed Corn Banana Cold Milk</i>	27 <i>French Bread Cheese or Pepperoni Pizza Roasted Broccoli Side Salad Cantaloupe Cold Milk</i>
30 <i>Chicken Parmesan Sweet Potato Fries Steamed Corn Pears Cold Milk</i>				

Menus are subject to change.





Malden Public Schools September's E.L.C. Menu

MON	TUES	WED	THURS	FRI
2. Happy Labor Day	3. No Meals Served today	4. No Meals Served Today	5. No Meals Served Today	6. French Bread Cheese Pizza Steamed Broccoli Cucumber Slices Orange Slices Cold Milk
9 Cheesy Croissant Melt Tater Tot Baby Carrots Diced Peaches Cold Milk	10 French Toast Sticks Smiley Fries Celery Sticks Cantaloupe Cold Milk	11 Pasta with Marinara Steamed Carrots, Cucumber Coins Pears Cold Milk	12 Chicken Tenders Sweet Green Peas Crinkle Fries Bananas Cold Milk	13 Pizza Crunchers Side Salad Steamed Corn Orange Smiles Cold Milk
16 French Toast Sticks & Tater Tots Tomato Salad Apple Sauce Cold Milk	17 Grilled Cheese Sandwich Sliced Cucumbers Steamed Corn Orange Cold Milk	18 Mac & Cheese String Beans Baby Carrots Apples Cold Milk	19 Chicken Nuggets Crinkle Fries Baked Beans Honey Melon Cold Milk	20 French Bread Cheese Pizza Side Salad Celery Sticks Green Grapes Cold Milk
23 Crispy Chicken Sandwich Mashed Potato Sweet Peas Diced Peaches Cold Milk	24 Cheese Nachos Steamed Corn Black Beans Pears Cold Milk	25 Pasta with Marinara Baby Carrots Green Beans Apple Cold Milk	26 All Beef Hamburger Crinkle Fries Green Beans Banana Cold Milk	27 Pizza Crunchers Roasted Broccoli Cucumber Slices Cantaloupe Cold Milk
30 Chicken Parmesan Sweet Potato Fries Steamed Corn Pears Cold Milk				

Daily Offerings

Turkey & Cheese

Ham & Cheese

Lettuce, Tomato & Cheese offered on all Sandwiches

The All-American Cheese Sandwich

Sun Butter & Jelly Available Daily

All Sandwiches served with Vegetable, Fruit And Cold Milk

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

Served with Grain, Vegetable & Fruit

Milk Choices Include:
1% White
Low-Fat Chocolate
Fat-Free White

Powering potential.



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