



September/October 2026

Malden High School

Healthy Body ~ Healthy Minds

OFFERED DAILY

Jammie (V)

Sunbutter & Jelly Sandwich

Fresh Fruit & Yogurt

Parfait (V)

Fresh Fruit topped with Yogurt, Granola.

Salad of the Day

Romaine, Shredded Carrots, Grape Tomato, Cucumber, & Shredded Cheese
Served with a Whole Grain Snack

Deli Sandwich of the Day

Ham or Halal Turkey on a WG Roll or Wrap
with Lettuce, Tomato & Cheese
Served with a Whole Grain Snack

Fun Lunch (V)

Fruit Yogurt Cup, Cheese Cubes, Goldfish Crackers and Fruit

Every Meal Comes Complete with Fruit, Milk and Veggies

Fruit & Veggie Bars Include:
Carrots, Cucumber, Tomatoes, Celery Sticks, Three Bean Salad, Fresh Fruit, Fruit Cups, Raisins, 100% Fruit Juice and More!

When Possible, We Purchase Local and Source Farm to Table Ingredients

Milk Choices Include:
1% White
Fat-Free White

K- Kosher Option

H- Halal Option

V - Vegetarian Option

GF- Gluten Free Option

Breakfast & Lunch
1st Meal Is Free
To All Students

Powering potential.

MON	TUES	WED	THURS	FRI
28 "Buonissimo" Cheese Lasagna (V) Dinner Roll Green Beans Celery Sticks Juicy Apple Choice of Milk	29 "The Classic" Crispy Chicken Breast Sandwich Whole Grain Bun Golden Corn Red Pepper Strips Sweet Orange Choice of Milk	30 "Delicious" Pizza Crunchers Sweet Carrots Fresh Broccoli Green Apple Choice of Milk	1 "Hot and Crispy" Breaded Drumstick Creamy Mashed Potatoes Cucumber Coins Baby Banana Choice of Milk	2 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
5 "Mama Mia" Meatball Sub Green Beans Celery Sticks Juicy Apple Choice of Milk	6 "General Tso" Asian Popcorn Chicken Whole Grain Rice Roasted Broccoli Sweet Carrots Sweet Orange Choice of Milk	7 "Homemade" Macaroni & Cheese (V) Sweet Peas Fresh Broccoli Green Apple Choice of Milk	8 "Cheesy" Chicken Quesadilla Tater Tots Red Peppers Baby Banana Choice of Milk	9 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
12 No School Today	13 "Savory" Chicken Dumplings With Asian Sauce Vegetable Fried Rice Roasted Broccoli Red Pepper Strips Sweet Orange Choice of Milk	14 Spaghetti and Meatballs WG Dinner Roll Green Beans Celery Sticks Green Apple Choice of Milk	15 "Ball Park Frank" All Beef Hot Dog (K) Boston Baked Beans Sweet Carrots Baby Banana Choice of Milk	16 "Personal" Pan Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
19 "Classic" Crispy Chicken Parmesan Sandwich Whole Grain Bun Green Beans Celery Sticks Juicy Apple Choice of Milk	20 "Roasted Goodness" Season Chicken Optional (V) Creamy Mashed Potato Sweet Golden Corn Sweet Orange Choice of Milk	21 "Oven Fresh" French Toast Sticks Breakfast Sausage Crispy Hash Brown Sweet Carrots Green Apple Choice of Milk	22 "Delicious" Turkey Barbacon Soft Tacos Roasted Corn Red Pepper Strips Baby Banana Choice of Milk	23 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
26 "Delicious" Cheesy Breadsticks Green Beans Celery Sticks Juicy Apple Choice of Milk	27 "Delicious" Shepherd's Pie Seasoned Beef Mashed Potato and Corn Sweet Orange Choice of Milk	28 "Cheesy" Chicken Penne Alfredo WG Dinner Roll Broccoli Cucumber Coins Green Apple Choice of Milk	29 "Delicious" Steak and Cheese Sub Green Beans Sweet Carrots Baby Banana Choice of Milk	30 "Personal" Pan Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk

Menus are subject to change.

ENJOY FREE BREAKFAST EVERY DAY

Our Daily Grab & Go Breakfast Includes:

Whole Grain Items, $\frac{1}{2}$ Cup of Fruit or 100% Fruit Juice
Additional Fruit or Veggie Options

and Fat-Free or 1% Milk Choice Are Available As Well

Whole Grain Items Include - Muffins, Cereal, Cereal Bars, Breakfast Breads, Hot Breakfast Items And A Variety of Whole Grain Snack Items

aramark
STUDENT
NUTRITION

This  in equal opportunity provider.

