#### Hot Lunch Menu





Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mini Chicken Corn Dog, Mashed Potato, Roasted Carrots, Apple & 2nd Fruit 1% milk/choc milk	Burger Day!!! Beef Patty, American Cheese, W.W. Bun, Mix Veggie (Ketchup) Clementine & 2nd Fruit 1% milk/choc milk	Peruvian Chicken w/ Enriched White Rice & Quinoa w/ Carrot, Corn. Orange & 2nd Fruit 1% milk/choc milk	Creole Chicken, Lima Bean Brown Rice, Green Beans. Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit 1% milk/choc milk
9	10	11	12	13
Chicken Nuggets, w/ Mashed Potatoes, WW Dinner Roll & Carrots (Ketchup) Apple & 2nd Fruit 1% milk/choc milk	Beef Meatballs, W.W. Penne Pasta w/ Marinara Sauce, & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Brazilian Grilled Chicken, Brazilian Enriched White Rice, Pea, Corn, Carrots, Raisins, & Green Beans, Orange & 2nd Fruit 1% milk/choc milk	Jerk Chicken, Pigeon Enriched Rice, Plantains, Apple & 2nd Fruit 1%milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk
16	17	18	19	20
Breakfast For Lunch!!! Pancakes, Tater Tots, Sausage & Carrots (Maple Syrup/Ranch) Apple & 2nd Fruit 1% milk/choc milk	Barbacoa Beef Taco, Cilantro Lime Brown Rice, Corn, Clementine & 2nd Fruit 1% milk/choc milk	BBQ Grilled Chicken, Mexican Sweet Potato, W.W. Dinner Tortilla, Orange & 2nd Fruit 1% milk/choc milk	Teriyaki Chicken, Enriched White Rice & Broccoli Apple & 2nd Fruit 1% milk/choc milk	Beef Totchos (Tater Tots Nachos), W.W. Bread & Cheesy Green Peas, Banana & 2nd Fruit 1% milk/choc milk
23	24	25	26	27
Hot Dog Day!!!!!  Beef Sausage, W.W. Sub, Potato Tots, & Roasted Carrots, (Ketchup) Apple & 2nd Fruitt, 1% milk/choc milk	Summer Roasted Chicken, Enriched W.W. Pasta & Broccoli, Clementine & 2nd Fruit 1% milk/choc milk	Turkey Fajitas Quesadilla, W.W. Tortilla, & Corn, Orange & 2nd Fruit 1% milk/choc milk	Dominican Chicken, Enriched Seasoning Rice, & Green Beans, Apple & 2nd Fruit 1% milk/choc milk	Pizza day!!! & Mixed Veggies, Banana & 2nd Fruit , 1% milk/choc milk

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Chicken Carnitas, Enriched White Rice, Corn & Red Pepper, Apple & 2nd Fruit 1% milk/choc milk

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

## **Cold Lunch**



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Lunch Box 1 Salad: Turkey & Cheese Cubes, Pretzel Bites, Celery, Cherry Tomatoes, Cucumber & Ranch Dressing Apple & 2nd Fruit, 1% milk/choc milk***	BBQ Chicken, Quinoa w/ Sweet Potato, Red Pepper, Spinach Salad & W.W. Dinner Roll, Clementine & 2nd Fruit 1% milk/choc milk***	Jerk Chicken Sandwich, W.W. Bread, Cabbage, Carrots, Pineapple w/ Ranch Dressing, Orange & 2nd Fruit 1% milk/choc milk***	Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing Apple & 2nd Fruit, 1% milk/choc milk***	Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing, Banana & 2nd Fruit 1 % milk/choc milk
9	10	11	12	13
Farm Salad: Boiled Eggs, Lettuce, Tomato, Carrots, W.W. Dinner Roll, & Italian Dressing, Apple & 2nd Fruit 1% milk/choc milk***	Grilled Peruvian Chopped Chicken Salad: Lettuce, Corn, Cherry, Black Beans, W.W. Tortilla, Ranch Dressing Clementine & 2nd Fruit, 1% milk/choc milk***.	Chicken Salad Sandwich, W.W. Bread, Garden Salad, italian Dressing, Orange & 2nd Fruit 1% milk/choc milk*** Contains: Mayo	Caprese Sandwich w/ Balsamic Glaze, Spinach Salad w/ Balsamic Dressing Apple & 2nd Fruit 1% milk/choc milk***	Smoke-Grilled BBQ Chicken Sandwich, W.W. Bun, Baby Carrots, Grapes, Ranch Dressing Banana & 2nd Fruit 1% milk/choc milk***
16	17	18	19	20
DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo Apple & 2nd Fruit 1% milk/choc milk*** Contains: Mayo	Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, W.W. Dinner Roll, & 1000 Island Dressing. Clementine & 2nd Fruit, 1% milk/choc milk***.	Lemon Chicken Wrap, Lettuce, W.W. Tortilla, Mixed Veggie Potato Salad. Orange & 2nd Fruit 1% milk/choc milk***	Salvadorian Chicken Sandwich, Cabbage Slaw, Carrots, W.W. Bread, Apple & 2nd Fruit 1% milk/choc milk***	Mediterranean Salad: Lettuce, Tomato, Chickpeas, Bell Peppers, Cucumber, Mini Pita Bread, & Balsamic Vinaigrette, Banana & 2nd Fruit 1% milk/choc milk***
23	24	25	26	27
Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing Apple & 2nd Fruit	Grilled Chicken Salad, Apple, Broccoli Slaw, Carrots, Lettuce, Pumpkin Seed, & French Dressing, Clementine & 2nd Fruit	Sunflower Butter & Jelly Sandwich, W.W. Bread, Baby Carrots, Grapes, Ranch Dressing Orange & 2nd Fruit 1% milk/choc milk***	Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, W.W. Dinner Roll, & Caesar Dressing, Apple & 2nd Fruit,	Taco Salad: Black Beans, Chickpea, Corn, Cherry Tomato, Lettuce, W.W. Tortilla Chip, & 100 Island Dressing. Banana & 2nd Fruit
1% milk/choc milk*****.	1% milk/choc milk***		1% milk/choc milk***	1% milk/choc milk*****

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DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing, Mayo

Apple & 2nd Fruit

1% milk/choc milk\*\*\*

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## HOT BREAKFAST SEPTEMBER2024



				MALDEN
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
French Toast Sticks w/ Maple Syrup, Orange, 1% milk/choc milk	Whole Wheat Confetti Pancake, Apple, 1% milk/choc milk	Breakfast Combo, (Whole Wheat Tortilla) (DF) Clementine, 1% milk/choc milk***	English Muffin w/ Turkey Sausage, & Cheese.  Banana,  1% milk/choc milk***	Cheese Omelet w/ Salsa (Whole Wheat Bread) Apple, 1% milk/choc milk***
9	10	11	12	13
Pancakes (Whole Wheat)  w/ Maple Syrup,  Orange,  1% milk/choc milk***	French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	Whole Wheat Bagel w/ Cream Cheese Clementine, 1% milk/choc milk***	Breakfast Turkey Pizza (Age Group: Ages 6-18)  Banana, 1% milk/choc milk***	Eggs Patty, Ranchero Sauce, Whole Wheat Bread Apple, 1% milk/choc milk***
16 Whole Wheat Bagel w/ Cream Cheese Orange, 1% milk/choc milk***	17 French Toast Sticks w/ Maple Syrup Apple, 1% milk/choc milk***	18 Egg & Cheese Croissant Sandwich, Clementine, 1% milk/choc milk***	19 Ground Beef Hash Brown Stacker (Age Group: Ages 6-18) Banana, 1% milk/choc milk***	20 Breakfast Burrito: Egg & Turkey DELI Apple, 1% milk/choc milk***
23	24	25	26	27
Pancakes (Whole Wheat)  w/ Maple Syrup  Orange,  1% milk/choc milk***	Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk***	English Muffin w/ Turkey Sausage, & Cheese. Clementine, 1% milk/choc milk***	Vegetable Frittata (Age Group: Ages 6-18)  Banana, 1% milk/choc milk***	Whole Wheat Bagel w/ Cream Cheese Apple, 1% milk/choc milk***
Whole Wheat Confetti Pancake Orange, 1% milk/choc milk***				

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### **Cold Breakfast**

# SEPTEMBER2024



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cinnamon Toast Cereal, Orange, 1% milk/choc milk	Cocoa Puffs Cereal, Apple, 1% milk/choc milk	Apple Cinnamon Cheerios Cereal, Clementine, and 1% milk/choc milk	Honey Cheerios Cereal, Banana, 1% milk/choc milk***	Chocolate Chip Muffin, Apple, 1% milk/choc milk***
9	10	11	12	13
Blueberry Chex Cereal, Orange, 1% milk/choc milk***	Apple Cinnamon Cheerios Cereal Apple, 1% milk/choc milk***	Cocoa Puffs Cereal, Clementine, 1% milk/choc milk***	Blueberry Muffin, Banana, 1% milk/choc milk***	Cinnamon Toast Cereal, Apple, 1% milk/choc milk***
16	17	18	19	20
Cinnamon Toast Cereal, Orange, 1% milk/choc milk***	Chocolate Chip Muffin, Apple, 1% milk/choc milk***	Blueberry Chex Cereal, Clementine, 1% milk/choc milk***	Cinnamon Toast Cereal, Banana, 1% milk/choc milk***	Cocoa Puffs Cereal, Apple, 1% milk/choc milk***
23	24	25	26	27
Cocoa Puffs Cereal, Orange, 1% milk/choc milk***	Blueberry Chex Cereal, Apple, 1% milk/choc milk***	Pop Tart, Strawberry Frosted, 1 Mozzarella Stick, Clementine, 1% milk/choc milk***	Cocoa Puffs Cereal, Banana, 1% milk/choc milk***	Cinnamon Toast Cereal, Apple, 1% milk/choc milk***
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Apple Cinnamon Cheerios Cereal, Orange, 1% milk/choc milk***				

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