



Malden Public Schools

May's Malden High Menu

Daily Offerings

Burger & Chicken
Sandwich Bar,
Nacho Bar,
Salad Bar,
Pizza Station,
Deli Station

Lettuce, Tomato &
Cheese offered on all
Sandwiches

Served with Vegetable,
Fruit and Milk

Butter & Jelly
available Daily

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

Served with Grain,
Vegetable & Fruit

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

Lowering
Potential.



MON	TUES	WED	THURS	FRI
		1 Beef Crumble Bowl Carrots Orange Slices Cold Milk	2 Turkey Dinner Halal Hamburger Black Beans Granny Smith Apples Cold Milk	3 Chicken Lomein Bowl Fresh Garden Salad Mixed Fruit Cold Milk
6 Tater Tot Bar Cucumber Coins & Sliced Peaches Cold Milk	7 Breakfast Only	8 Homemade Mac & Cheese & Buffalo Chicken Fingers Red Pepper Slices Baby Bananas Cold Milk	9 Beef Hot Dogs Halal Hot Dogs Crinkle Fries Garbanzo Beans Apple Slices Cold Milk	10 Open Faced Hot Turkey Sandwich Side Salad Banana Cold Milk
13 American Chop Suey Steamed Green Peas Sliced Oranges Cold Milk	14 Barbeque Pulled Pork over White Rice Tomato Poppers Fresh Melon Cold Milk	15 Beef Quesadilla Steamed Carrots Roasted Corn Sliced Pears Cold Milk	16 Vietnamese Inspired BBQ Chicken Halal Chicken Nuggets And Crinkle Fries Roasted Broccoli	17 Caribbean Style Beef Bowl Served with Side Salad Banana Cold Milk
20 Chicken Alfredo And Broccoli Steamed Corn Juicy Apple Cold Milk	21 Pasta and Meatballs Steamed Carrots Sliced Pears Cold Milk	22 Grilled Cheese with Beef & Bean Chili Green Beans Fresh Orange Cold Milk	23 Cheese Lasagna With Whole Wheat Dinner Roll Halal Cheeseburger Sliced Pears Cold Milk	24 Pineapple Chicken Bowl Side Salad Mixed Fruit Cold Milk
27 Memorial Day No School	28 Buffalo Chicken Dip and Vegetable Bowl Juicy Apple Cold Milk	29 Baked Potato Bar Steamed Carrots Banana Cold Milk	30 Beef Hot Dog Halal Hot Dog 3 Bean Salad Fresh Pear Cold Milk	31 Ham & Cheese Melt Side Salad Sliced Oranges Cold Milk

Menus are subject to change.

ENJOY FREE BREAKFAST EVERY DAY

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STUDENT
NUTRITION

This institution is an equal