



October 2025

HIGH SCHOOL MENU

Healthy Body ~ Healthy Minds

OFFERED EVERY DAY

Fresh Baked Pizza

Made to Order Chicken Dinner & Chicken Sandwich Bar
Or Grab n' Go Selection

Made to Order Tex-Mex Nacho & Taco Bar (GF)
Or Grab n' Go Selection

Made to Order Salad Bar (GF)
Or Grab n' Go Selection

Made to Order Deli Sandwich Bar (V)
Or Grab n' Go Selection

Popcorn Chicken Boats

Crispy Chicken Drumsticks

Pizza Crunchers

Mozzarella Sticks Served w/ Marinara

Pretzels Served w/ Cheese Sauce

Pizza Quesadilla

Breadsticks Served w/ Marinara

French Toast Sticks Served w/ Maple Syrup

Fresh Fruit & Yogurt Parfait (V)
Fresh Fruit topped with Yogurt, Granola.

Every meal comes complete with Fruit, and Milk.
Fruit & Veggies May Include: Carrots, Cucumber, Tomatoes, Celery Sticks, Three Bean Salad, Fresh Fruit, Fruit Cups, Raisins, 100% Fruit Juice and more!

When possible, we will purchase locally and source out farm to table ingredients

Milk Choices Include:
1% White
Low-Fat Chocolate

Powering potential.

MON

TUES

WED

THURS

FRI

K- Kosher Option

H- Halal Option

V - Vegetarian Option

GF- Gluten Free Option

Breakfast & Lunch - 1st Meal Is Free To All Students

6 Crispy Chicken Drumstick Creamy Mashed Potato Sweet Buttered Corn Orange Smiles Choice of Milk	7 Tater Tot Bar Served w/ Choice of Toppings Optional (V) Red Pepper Strips Green Apple Choice of Milk	8 Chicken Penne Alfredo Served w/ a Whole Grain Roll Roasted Broccoli Cucumber Coins Baby Banana Choice of Milk	9 Asian Bar Fried Rice served w/ Choice of Protein Roasted Broccoli Tomato Poppers Fresh Fruit Salad Choice of Milk	10 Slice of Pizza (V) Three Bean Salad Garden Side Salad Juicy Plump Grapes Choice of Milk
13 No School Today	14 Popcorn Chicken Boat Creamy Mashed Potato Sweet Buttered Corn Tomato Poppers Green Apple Choice of Milk	15 Macaroni & Cheese (V) "Limited Time Offer" Sausage & Cheesy Potato Soup Mixed Roasted Veggies Cucumber Coins Fresh Pineapple Choice of Milk	16 Steak & Cheese Sub Crispy Potato Puffs Baby Carrot Sticks Fresh Strawberries Choice of Milk	17 Slice of Pizza (V) Three Bean Salad Garden Side Salad Fresh Cantaloupe Cup Choice of Milk
20 Malden McGriddle Sandwich Hash Brown Potato Celery Sticks Ruby Red Apple Choice of Milk	21 Buffalo Chicken Dinner Roasted Mixed Veggie Tomato Poppers Orange Smiles Choice of Milk	22 Pasta w/ Meatball Served w/ a Whole Grain Roll Optional (V) Cucumber Coins Mixed Roasted Veggies Fresh Blueberries Choice of Milk	23 Asian Bar Fried Rice served w/ Choice of Protein Roasted Broccoli Red Pepper Strips Green Apple Choice of Milk	24 Slice of Pizza (V) Three Bean Salad Garden Side Salad Juicy Plump Grapes Choice of Milk
27 Chicken Quesadilla Served w/ Rice Celery Sticks Orange Smiles Choice of Milk	28 Meatball Parmesan Sub Served on a Whole Grain Roll Sweet Potato Fries Tomato Popper Green Apple Choice of Milk	29 Grilled Cheese w/ Tomato Soup (V) Cucumber Coins Baby Banana Choice of Milk	30 Malden Meatloaf Creamy Mashed Potato Baby Carrot Sticks Fresh Watermelon Choice of Milk	31 Slice of Pizza (V) Three Bean Salad Garden Side Salad Fresh Honeydew Melon 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

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STUDENT NUTRITION

This institution is an equal opportunity provider.