MALDEN PUBLIC SCHOOLS ...where futures begin

August/September 2026

Malden High School

Healthy Body ~ Healthy Minds

OFFERED DAILY

Fresh Baked Pizza Varieties

ade To Order Bars:

Chicken Bar

Tex Mex Bar

Salad Bar

Deli Bar

Daily Grab and Go Options Include:

Sandwich Varieties

Salad Varieties

gurt Parfait Varieties

Hot Tapas Platters

very Meal Comes Complete ith Fruit, Milk and Veggies

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 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
		26 "Delicious" Pizza Crunchers (V) Tomato Poppers Roasted Potatoes Juicy Apple Choice of Milk	27 "Hot and Crispy" Breaded Drumstick Creamy Mashed Potatoes Corn on the Cob Sweet Clementine Choice of Milk	28 "Pizzeria Style" Slice of Pizza (V) Garden Salad Three Bean Salad Juicy Plump Grapes Choice of Milk
31 "Mama Mia" Meatball Sub Green Beans Cucumber Coins Baby Banana Choice of Milk	1 No School Today	2 "Homemade" Macaroni & Cheese (V) Baby Peas Fresh Broccoli Crowns Green Apple Choice of Milk	3 "Cheesy" Chicken Quesadilla Roasted Peppers Roasted Onions Grape Tomatoes Juicy Apple Choice of Milk	4 No School Today
7 No School Today	8 "Savory" Chicken Dumplings With Asian Sauce Vegetable Fried Rice Broccoli Crowns Fruit Cup Choice of Milk	9 Spaghetti and Meatballs WG Dinner Roll Green Beans Celery Sticks Watermelon Choice of Milk	10 "Ball Park Frank" All Beef Hot Dog (K) Boston Baked Beans Baby Carrot Sticks Fresh Blueberries Choice of Milk	11 "Personal" Pan Pizza (V) Garden Side Salad Three Bean Salad Fruit Cup Choice of Milk
14 "Classic" Crispy Chicken Parmesan Sandwich Whole Grain Bun Golden Corn Red Pepper Strips Baby Banana Choice of Milk	15 "Roasted Goodness" Seasoned Chicken Creamy Mashed Potato With Gravy Sweet Buttered Corn Orange Smiles Choice of Milk	16 "Oven Fresh" French Toast Sticks Breakfast Sausage Crispy Hash Brown Tomato Poppers Celery Sticks Juicy Apple Choice of Milk	17 "Delicious" Turkey Barbacoa Soft Tacos Roasted Corn Cucumber Coins Juicy Plum Choice of Milk	18 "Pizzeria Style" Slice of Pizza (V) Garden Salad Three Bean Salad Juicy Plump Grapes Choice of Milk
21 "Delicious" Cheesy Breadsticks Tomato Poppers Celery Sticks Juicy Apple Choice of Milk	22 "Delicious" Seasoned Beef Soft Tacos Roasted Corn Tomato Poppers Orange Smiles Choice of Milk	23 "Cheesy" Chicken Penne Alfredo WG Dinner Roll Sweet Peas Carrot Sticks Green Apple Choice of Milk	24 "Delicious" Steak and Cheese Sub Green Beans Roasted Potato Rounds Juicy Plum Choice of Milk	25 "Personal" Pan Pizza (V) Garden 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, ½ 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

aramark STUDENT NUTRITION

This is an equal opportunity provider.