

**MALDEN/EVERETT/MEDFORD  
SUMMER MEAL PROGRAM  
AUGUST 2019 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29-Jul</b>	<b>30-Jul</b>	<b>31-Jul</b>	<b>1-Aug</b>	<b>2-Aug</b>
<p><b>Lunch</b> Cheese Tortellini /Tomato Sauce Spinach (1cup) Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Hot Turkey Dinner w/ gravy, Whipped Potato, <b>Dinner Roll</b> Fresh Fruit, Unflavored 1% Milk</p>	<p><b>Lunch</b> Grilled Chicken Teriyaki Asian Style Vegetables, Chow Mein Noodles Fresh Fruit, Unflavored 1% Milk</p>	<p><b>Lunch</b> <b>Beef meatloaf</b> w/ Gravy Steamed Broccoli <b>Biscuit</b> Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Turkey &amp; Cheese Sandwich on Wheat Bread w/ Mayo Pkt. Cucumber Slices <b>Fresh Fruit</b>, Unflavored 1% Milk</p>
<b>5-Aug</b>	<b>6-Aug</b>	<b>7-Aug</b>	<b>8-Aug</b>	<b>9-Aug</b>
<p><b>Lunch</b> Ravioli w/ Meatballs Tomato Sauce Sweet Potato Wedge (dbl) Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Chicken Nuggets Over Rice&amp;Beans Mixed Vegetables Ketchup Pkt. Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Rotini &amp; Cheese Casserole (Mac&amp;Cheese) Broccoli (1 cup) Fresh Fruit, Unflavored 1% Milk</p>	<p><b>Lunch</b> Chicken Pot Pie Dinner Chicken Gravy, (Peas &amp; Carrots) Mashed Potatoes Fresh Fruit Biscuit Unflavored 1% Milk</p>	<p><b>Lunch</b> Turkey &amp; Turkey Ham Sticks w/ Cheddar Cheese Sticks, p/c Crackers Carrot Sticks w/ Ranch Dressing Pkt. Fresh Fruit Unflavored 1% Milk</p>
<b>12-Aug</b>	<b>13-Aug</b>	<b>14-Aug</b>	<b>15-Aug</b>	<b>16-Aug</b>
<p><b>Lunch</b> Grilled Chicken Strips w/ Hawaiian Sauce Diced Carrots, Tropical Brown Rice Fresh Fruit, Unflavored 1% Milk</p>	<p><b>Lunch</b> BBQ Turkey Meatloaf Calif. Blnd. vegetables, WG Dinner Roll Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Cheese Tortellini w/ Tomato Sauce, Green Beans Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Nachos Fiesta (Ground Turkey Red&amp; BlackBeans Green &amp; Red Peppers Shredded Cheddar Cheese) Tortilla Chips Chuckwagon Corn <b>Fresh Fruit</b>, Unflavored 1% Milk</p>	<p><b>Lunch</b> Turkey Bologna &amp; Cheese Sandwich on Wheat Bread w/ Mustard Pkt. Cold Green Bean Salad, Fresh Fruit Unflavored 1% Milk</p>
<b>19-Aug</b>	<b>20-Aug</b>	<b>21-Aug</b>	<b>22-Aug</b>	<b>23-Aug</b>
<p><b>Lunch</b> Turkey Meatloaf w/ Gravy Mash Potato Dinner Roll Fresh Fruit, Unflavored 1% Milk</p>	<p><b>Lunch</b> Chicken Pattie <b>Parmesan</b> Mixed Vegetables <b>Fresh Fruit</b>, Unflavored 1% Milk</p>	<p><b>Lunch</b> Cheese Ravioli w/Tomato Sauce Chefs Vegetable of the day Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Swedish Meatballs, Brown Rice, Green Beans Fresh Fruit Unflavored 1% Milk</p>	<p><b>Lunch</b> Cold All White Meat Chicken Salad Plate w/ Bed of Lettuce Slice Tomato Broccoli Florets w/Ranch Dressing Pkt. Fresh Fruit, Unflavored 1% Milk</p>

Goodbye Summer!

