



Mathews High School Menu - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Elementary & Middle School Students may select:</p> <p>Entrée & Grain Option One Cup of Vegetables ½ Cup of Fruit Milk</p> <p>All Breakfast served with: Juice or Fruit and Milk</p>			<p>1 Breakfast Sausage Biscuit Lunch - Choose One Chicken & Waffle Thursday Cheeseburger on a Bun Choose One or Two Hash Brown Oval Baked Apples Whole Fruit Cup Choose One or Two Assorted or Fresh Fruits</p>	<p>2 Breakfast Breakfast Pizza Lunch - Choose One Chicken Spinach Wrap P. Pan Cheese Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Fresh Vegetable Cup w/Dip Choose One or Two Assorted or Fresh Fruits</p>
<p>5 Breakfast Bacon, Egg & Cheese Biscuit Lunch - Choose One Oriental Chicken Salad Pig in the Blanket Roll Choose One or Two Seasoned Corn Fresh Vegetable Cup w/Dip Choose One or Two Assorted or Fresh Fruits</p>	<p>6 Breakfast Mini Pancakes Lunch - Choose One "Fix Your Own Sub Day" Pizza Choose One or Two Whole Fruit Cup Fresh Broccoli & Cauliflower Cup w/Dressing Choose One or Two Assorted or Fresh Fruits</p>	<p>7 Breakfast French Toast Sticks w/Syrup Lunch - Choose One Chicken Sliders Corn Dog Nuggets Choose One or Two Baked Potato Steamed Broccoli Orange Wedges Choose One or Two Assorted or Fresh Fruits</p>	<p>8 Breakfast Cereal & Muffin Lunch - Choose One Choose One Chicken Sandwich Tuna Salad Sandwich Choose One or Two Waffle Fries Lettuce & Tomato Green Beans Choose One or Two Assorted or Fresh Fruits</p>	<p>9 Breakfast Yogurt w/Granola & Blueberries Lunch - Choose One Chicken Caesar Wrap P. Pan Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Baby Carrots w/Dip Choose One or Two Assorted or Fresh Fruit</p>
<p>12 Breakfast Blueberry Muffin & Cereal Lunch - Choose One Spaghetti w/Meat Sauce w/Garlic Bread Hot Dog on Bun Choose One or Two Romaine Salad w/Tomato & Dressing Seasoned Sweet Potatoes Whole Fruit Cup Choose One or Two Assorted or Fresh Fruit</p>	<p>13 Breakfast Sausage Biscuit Lunch - Choose One Stuffed Cheese Pizza Grilled Cheese Sandwich w/Vegetable Beef Soup Choose One or Two Baked Smiley Fries Seasoned Green Beans Choose One or Two Assorted or Fresh Fruits</p>	<p>14 Breakfast Bacon, Egg & Cheese Biscuit Lunch - Choose One Nachos w/Taco Meat Or Cheese Sauce Hamburger on Bun Choose One Two Black Beans Lettuce & Tomato Seasoned Corn Choose One or Two Assorted or Fresh Fruits</p>	<p>15 Breakfast Mini Pancakes Lunch - Choose One Chicken Tenders w/Roll Hot Ham & Cheese Sub Choose One or Two Mashed Potatoes Green Beans Choose One or Two Assorted or Fresh Fruit</p>	<p>16 Breakfast Blueberry Muffin & Cereal Lunch - Choose One Turkey & Cheese Croissant Personal Pan Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Fresh Vegetable Cup w/Dip Choose One or Two Assorted Fruit Fresh Strawberries</p>
<p>19 Breakfast Chicken Biscuit Lunch - Choose One Cheese filled Breadsticks w/Sauce Hamburger on Bun One or Two Lettuce & Tomato Baby Carrots w/Dip Steamed Corn Choose One or Two Assorted or Fresh Fruit</p>	<p>20 Breakfast Yogurt w/Granola & Berries Lunch - Choose One Chicken Fajita Cheese Steak Sandwich Stuffed Cheese Pizza Choose One Fresh Broccoli & Cauliflower w/Dressing Carrot Sticks Whole Fruit Cup Choose One Assorted or Fresh Fruits</p>	<p>21 Breakfast Scrambled Eggs w/Toast Lunch - Choose One "Homemade Pancakes" w/Sausage Chicken Nuggets w/Roll Choose One or Two Baked Hash Brown Baked Apples Orange Juice Choose One or Two Assorted or Fresh Fruit</p>	<p>22 Breakfast Sausage Biscuit Lunch - Choose One Soft Taco Taco Salad Chili Cheese Dog Choose One or Two Rice Black Beans Choose One or Two Assorted or Fresh Fruits</p>	<p>23 Breakfast Bacon, Egg & Cheese Biscuit Lunch - Choose One Pizza Oriental Chicken Salad Choose One Seasoned Corn Fresh Grapes Vegetable Cup w/Dip Choose One Assorted or Fresh Fruits</p>
<p>26 Breakfast Blueberry Muffins w/Cereal Lunch - Choose One BBQ on Bun Fish Sticks w/Corn Muffin Choose One or Two Baked Beans Cole Slaw Choose One or Two Assorted or Fresh Fruit</p>	<p>27 Breakfast French Toast Sticks w/Syrup Lunch - Choose One Pizza Pasta Bake w/Breadstick Ham & Cheese Croissant Choose One or Two Romaine Salad w/Tomato & Dressing Baby Carrots w/Dip Seasoned Green Beans Choose One or Two Assorted or Fresh Fruit</p>	<p>28 Breakfast Breakfast Pizza Lunch - Choose One Chicken Sliders Hot Dog on Bun w/Chili Choose One or Two Scalloped Potatoes Tossed Romaine Salad Black Eyed Peas Choose One or Two Assorted or Fresh Fruits</p>		

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) USDA is an Equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service @ (800)877-8339; or (800)845-6136 (Spanish).