


# Mathews High School Menu - November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 Breakfast</b> French Toast Sticks w/Syrup <b>Lunch - Choose One</b> Beef & Macaroni Casserole Ham & Cheese Croissant <i>Choose One or Two</i> Romaine Salad with Tomato & Dressing Baby Carrots w/Dip Seasoned Green Beans <i>Choose One or Two</i> Assorted or Fresh Fruit	<b>2 Breakfast</b> Sausage Biscuit <b>Lunch - Choose One</b> Chicken & Waffle Thursday Cheeseburger on a Bun <i>Choose One or Two</i> Hash Brown Oval Baked Apples Whole Fruit Cup <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>3 Breakfast</b> Breakfast Pizza <b>Lunch - Choose One</b> Chicken Spinach Wrap P. Pan Cheese Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Fresh Vegetable Cup w/Dip <i>Choose One or Two</i> Assorted or Fresh Fruits
<b>6 Breakfast</b> Bacon, Egg & Cheese Biscuit <b>Lunch - Choose One</b> Oriental Chicken Salad Pig in the Blanket Roll <i>Choose One or Two</i> Seasoned Corn Fresh Vegetable Cup w/Dip <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>7 Breakfast</b> Mini Pancakes <b>Lunch - Choose One</b> "Fix Your Own Sub Day" Pizza <i>Choose One or Two</i> Whole Fruit Cup Fresh Broccoli & Cauliflower Cup w/Dressing <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>8 Breakfast</b> French Toast Sticks w/Syrup <b>Lunch - Choose One</b> Chicken Sliders Corn Dog Nuggets <i>Choose One or Two</i> Baked Potato Steamed Broccoli Orange Wedges <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>9 Breakfast</b> Cereal & Muffin <b>Lunch - Choose One</b> <i>Choose One</i> Chicken Sandwich Tuna Salad Sandwich <i>Choose One or Two</i> Waffle Fries Lettuce & Tomato Green Beans <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>10 Breakfast</b> Yogurt w/Granola & Blueberries <b>Lunch - Choose One</b> Chicken Caesar Wrap P. Pan Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Baby Carrots w/Dip <i>Choose One or Two</i> Assorted or Fresh Fruit
<b>13 Breakfast</b> Blueberry Muffins w/Cereal <b>Lunch - Choose One</b> Spaghetti w/Meat Sauce w/Garlic Bread Stick Hot Dog on Bun <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Seasoned Sweet Potatoes Whole Fruit Cup <i>Choose One or Two</i> Assorted or Fresh Fruit	<b>14 Breakfast</b> Sausage Biscuit <b>Lunch - Choose One</b> Stuffed Cheese Pizza Grilled Cheese Sandwich w/Chicken Noodle Soup <i>Choose One or Two</i> Baked Smiley Fries Seasoned Green Beans <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>15 Breakfast</b> Scrambled Eggs w/Toast <b>Lunch - Choose One</b> Nachos w/Taco Meat Or Cheese Sauce Hamburger on Bun <i>Choose One or Two</i> Black Beans Lettuce & Tomato Seasoned Corn <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>16 Thanksgiving Meal Breakfast</b> French Toast Sticks <b>Lunch - Choose One</b> Turkey, Dressing, Gravy w/Roll Chicken Nuggets w/Roll <i>Choose One or Two</i> Candied Yams or Mashed Potatoes Green Beans Pumpkin Cake <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>17 Breakfast</b> Breakfast Pizza <b>Lunch - Choose One</b> Turkey & Cheese Croissant Personal Pan Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Fresh Vegetable Cup w/Dip <i>Choose One or Two</i> Assorted Fruit Fresh Watermelon
<b>20 Breakfast</b> Chicken Biscuit <b>Lunch - Choose One</b> Cheese filled Breadsticks w/Sauce Hamburger on Bun <i>One or Two</i> Lettuce & Tomato Baby Carrots w/Dip Steamed Corn <i>Choose One or Two</i> Assorted or Fresh Fruit	<b>21 Breakfast</b> Yogurt w/Granola & Berries <b>Lunch - Choose One</b> Chicken Fajita Cheese Steak Sandwich Stuffed Cheese Pizza <i>Choose One</i> Fresh Broccoli & Cauliflower w/Dressing Carrot Sticks Whole Fruit Cup <i>Choose One</i> Assorted or Fresh Fruits	<b>22 Breakfast</b> Scrambled Eggs w/Toast <b>Lunch - Choose One</b> "Homemade Pancakes" w/Sausage Chicken Nuggets w/Roll <i>Choose One or Two</i> Baked Hash Brown Baked Apples Orange Juice <i>Choose One or Two</i> Assorted or Fresh Fruit	<b>23</b>  <div style="font-size: 2em; font-weight: bold; margin-bottom: 10px;">NO SCHOOL</div> 	<b>24</b>  <div style="font-size: 2em; font-weight: bold; margin-bottom: 10px;">NO SCHOOL</div> 
<b>27 Breakfast</b> Chicken Biscuit <b>Lunch - Choose One</b> Chicken Tenders w/Roll Turkey Bacon Club <i>Choose One or Two</i> Fresh Vegetable Cup w/Dip Whole Fruit Cup Seasoned Corn <i>Choose One or Two</i> Assorted or Fresh Fruit	<b>28 Breakfast</b> Bacon, Egg & Cheese Biscuit <b>Lunch - Choose One</b> Chicken Sandwich Vegetable Beef Soup w/Grilled Cheese <i>Choose One</i> French Fries Baby Carrots w/Dip <i>Choose One</i> Assorted or Fresh Fruits	<b>29 Breakfast</b> Breakfast Pizza <b>Lunch - Choose One</b> Chicken Spinach Wrap P. Pan Cheese Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Fresh Vegetable Cup w/Dip <i>Choose One or Two</i> Assorted or Fresh Fruits	<b>30 Breakfast</b> Sausage Biscuit <b>Lunch - Choose One</b> Chicken & Waffle Thursday Cheeseburger on a Bun <i>Choose One or Two</i> Hash Brown Oval Baked Apples Whole Fruit Cup <i>Choose One or Two</i> Assorted or Fresh Fruits	Elementary & Middle School Students may select:  Entrée & Grain Option One Cup of Vegetables ½ Cup of Fruit Milk  All Breakfast served with: Juice or Fruit and Milk

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](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](mailto: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).