


Mathews High School Menu - October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast WG Mini Pancakes Lunch - Choose One Grilled Cheese Sandwich Chicken Filet Sandwich <i>Choose One or Two</i> French Fries California Style Vegetables <i>Choose One or Two</i> Assorted Fruits	2 Breakfast Chicken Biscuit Lunch - Choose One Fish Sticks w/Roll BBQ on Bun <i>Choose One or Two</i> Baked Beans Cole Slaw <i>Choose One or Two</i> Assorted Fruits	3 Breakfast French Toast Sticks/Syrup Lunch - Choose One Beef & Macaroni Casserole Hot Dog on Bun <i>Choose One or Two</i> Seasoned Green Beans Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	4 Breakfast Cereal & Blueberry Muffin Lunch - Choose One Chicken Nuggets w/WG Roll French Toast Sticks w/Sausage Hash Browns <i>Choose One or Two</i> Mixed Vegetables Orange Juice <i>Choose One or Two</i> Assorted Fruits WG Cookie	5 Breakfast Breakfast Pizza Lunch - Choose One Chicken Spinach Wrap P. Pan Cheese Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Broccoli w/Dressing <i>Choose One or Two</i> Assorted Fruits Fresh Melon Cubes
8 Breakfast Cereal & Cheese Toast Lunch - Choose One Oriental Chicken Salad Corn Dog Nuggets Roll <i>Choose One or Two</i> Black Eye Peas Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	9 Breakfast Sausage Biscuit Lunch - Choose One Ham & Cheese Sub Fish Sandwich <i>Choose One or Two</i> French Fries Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	10 Breakfast Waffle Sticks w/Syrup Lunch - Choose One Pizza Pasta Bake Chicken Patty on a Roll <i>Choose One or Two</i> Seasoned Corn California Blend <i>Choose One or Two</i> Assorted Fruits	11 Breakfast Bacon, Egg & Cheese Biscuit Lunch - Choose One Chicken Salad Sandwich Cheeseburger on a Roll <i>Choose One or Two</i> Potato Puffs Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	12 Breakfast Breakfast Sausage Pizza Lunch - Choose One Chicken Caesar Wrap Personal Pan Pepperoni Pizza <i>Choose One or Two</i> Glazed Carrots Romaine Salad w/Tomato & Dressing <i>Choose One or Two</i> Assorted Fruits Fresh Strawberries & Blueberries
15 Breakfast Cereal & Toast Lunch - Choose One Hot Dog on Bun Spaghetti w/Garlic Bread <i>Choose One or Two</i> Romaine Salad Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	16 Breakfast Bacon, Egg & Cheese Biscuit Lunch - Choose One Sub Day Chicken Patty on WG Roll <i>Choose One or Two</i> Potato Puffs Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	17 Breakfast Yogurt w/Granola & Cereal Lunch - Choose One Nacho's w/Taco Meat & Cheese Turkey Bacon Club <i>Choose One or Two</i> Refried Beans Lettuce & Tomato Seasoned Corn <i>Choose One or Two</i> Assorted Fruits	18 Breakfast Cereal & Blueberry Muffin Lunch - Choose One Hamburger on Bun Chicken Tenders w/Roll <i>Choose One or Two</i> Celery Sticks Broccoli w/Dressing <i>Choose One or Two</i> Assorted Fruits	19 Breakfast Breakfast Pizza Lunch - Choose One Turkey & Cheese Flatbread Personal Pan Pepperoni Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Mixed Vegetables <i>Choose One or Two</i> Assorted Fruits Fresh Strawberries
22 Breakfast Cereal & Cheese Toast Lunch - Choose One Cheese Filled Breadsticks w/Sauce Oriental Chicken Salad <i>Choose One or Two</i> Lettuce & Tomato Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	23 Breakfast Scrambled Eggs w/English Muffin Lunch - Choose One Chicken fajita Cheese Steak Sandwich <i>Choose One</i> Seasoned Corn Broccoli w/Dressing <i>Choose One</i> Assorted Fruits	24 Breakfast Chicken Biscuit Lunch - Choose One Chicken Nuggets w/Roll WG Pepperoni Pizza Stick <i>Choose One or Two</i> Mashed Potatoes Green Beans <i>Choose One or Two</i> Assorted Fruits	25 Breakfast French Toast Sticks Lunch - Choose One Soft Taco Taco Salad Turkey & Cheese Sub <i>Choose One or Two</i> Black Beans Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	26 Breakfast Breakfast Sausage Pizza Lunch - Choose One Crunchy Chicken Cheddar Wrap Personal Pan Pepperoni Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Carrot Sticks <i>Choose One or Two</i> Fresh Grapes Assorted Fruits
29 Breakfast WG Mini Pancakes Lunch - Choose One Grilled Cheese Sandwich Chicken Filet Sandwich <i>Choose One or Two</i> French Fries California Style Vegetables <i>Choose One or Two</i> Assorted Fruits	30 Breakfast Chicken Biscuit Lunch - Choose One Fish Sticks w/Roll BBQ on Bun <i>Choose One or Two</i> Baked Beans Cole Slaw <i>Choose One or Two</i> Assorted Fruits	31 Breakfast French Toast Sticks/Syrup Lunch - Choose One Chillin Chicken Nuggets Ghoulish WG Rice <i>Choose One or Two</i> Seary Good Succotash Frightening Fun Fruit Cup <i>Choose One or Two</i> Spooky Sundae Ice Cream Cup	All Breakfast served with: Fruit Assorted Fruit Juice Milk 	Elementary & Middle School Students may select: Entrée & Grain Option One Cup of Vegetables ½ Cup of Fruit 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.)

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 at (800)877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.