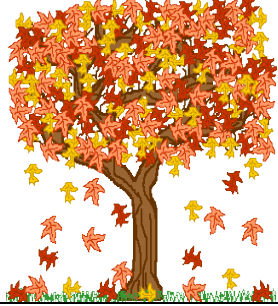






Mathews High School Menu - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast - *Assortment of Biscuits *Juice, Milk & Fruit Served daily with breakfast.</p> <p>Choice of: Milk - 1% white or fat free chocolate - served with all complete meals.</p>			<p>1 Lunch - Choose One Chicken Tenders w/WG Roll French Toast Sticks w/Sausage Hash Browns Choose One or Two Mixed Vegetables Orange Juice Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>2 Lunch - Choose One Chicken Spinach Wrap P. Pan Cheese Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Broccoli w/Dressing Carrot Sticks Choose One or Two Assorted Fruits Fresh Melon Cubes</p>
<p>5 Lunch - Choose One Oriental Chicken Salad Corn Dog Nuggets Roll Choose One or Two Black Eye Peas Carrot Sticks Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>6 NO SCHOOL</p> 	<p>7 Lunch - Choose One Pizza Pasta Bake Chicken Patty on a Roll Choose One or Two Seasoned Corn California Blend Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>8 Lunch - Choose One Chicken Salad Sandwich Cheeseburger on a Roll Choose One or Two Potato Puffs Lettuce & Tomato Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>9 Lunch - Choose One Chicken Caesar Wrap Personal Pan Pepperoni Pizza Choose One or Two Glazed Carrots Romaine Salad w/Tomato & Dressing Choose One or Two Assorted Fruits Fresh Strawberries & Blueberries</p>
<p>12 Lunch - Choose One Hot Dog on Bun Spaghetti w/Garlic Bread Choose One or Two Romaine Salad Carrot Sticks Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>13 Lunch - Choose One Sub Day Chicken Patty on WG Roll Choose One or Two Potato Puffs Lettuce & Tomato Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>14 Lunch - Choose One Nacho's w/Taco Meat & Cheese Turkey Bacon Club Choose One or Two Refried Beans Lettuce & Tomato Seasoned Corn Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>15 Lunch - Choose One Turkey w/Dressing & Gravy w/Roll Chicken Nuggets w/Roll Choose One or Two Green Peas Mashed Potatoes Candied Sweet Potatoes Choose One or Two Assorted Fruits Pumpkin Spice Ice Cream Cup</p>	<p>16 Lunch - Choose One Turkey & Cheese Flatbread Personal Pan Cheese Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Mixed Vegetables Choose One or Two Assorted Fruits Fresh Strawberries</p>
<p>19 Lunch - Choose One Cheese Filled Breadsticks w/Sauce Oriental Chicken Salad Choose One or Two Lettuce & Tomato Carrot Sticks Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>20 Lunch - Choose One Chicken Fajita Cheese Steak Sandwich Choose One Seasoned Corn Broccoli w/Dressing Choose One Assorted Fruits Fresh Fruit</p>	<p>21 NO SCHOOL</p> 	<p>22 NO SCHOOL</p> 	<p>23 NO SCHOOL</p> 
<p>26 Lunch - Choose One Grilled Cheese Sandwich Vegetable Beef Soup Chicken Filet Sandwich Choose One or Two French Fries Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>27 Lunch - Choose One Fish Sticks w/Roll BBQ on Bun Choose One or Two Baked Beans Cole Slaw Choose One or Two Assorted Fruits Fresh fruit</p>	<p>28 Lunch - Choose One Beef & Macaroni Casserole Hot Dog on Bun One or Two Carrot Sticks Seasoned Green Beans Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>29 Lunch - Choose One Chicken Nuggets w/WG Roll French Toast Sticks w/Sausage Hash Browns Choose One or Two Mixed Vegetables Orange Juice Choose One or Two Assorted Fruits Fresh Fruit</p>	<p>30 Lunch - Choose One Chicken Spinach Wrap P. Pan Cheese Pizza Choose One or Two Romaine Salad w/Tomato & Dressing Broccoli w/Dressing Choose One or Two Assorted Fruits Fresh Melon Cubes</p>

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