

Mathews High School Menu - October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch - Choose One BBQ on a Bun Fish Sticks w/Corn Muffin Choose One or Two Baked Beans Cole Slaw Choose One or Two Assorted or Fresh Fruit	3 Lunch - Choose One Chicken Sandwich Pig in the Blanket Stuffed Crust Pizza Choose One or Two French Fries Green Beans Choose One or Two Assorted or Fresh Fruits	4 Lunch - Choose One Beef & Macaroni Casserole Ham & Cheese Croissant Choose One or Two Romaine Salad with Tomato & Dressing Baby Carrots w/Dip Seasoned Green Beans Choose One or Two Assorted or Fresh Fruit	5 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	6 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
9 Lunch - Choose One Oriental Chicken Salad Corn Dog Nuggets Roll Choose One or Two Seasoned Corn Fresh Vegetable Cup w/Dip Choose One or Two Assorted or Fresh Fruits	10 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	11 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	12 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	13 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
16 Lunch - Choose One Spaghetti w/Meat Sauce w/Garlic Bread Stick 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	17 Lunch - Choose One Stuffed Cheese Pizza Grilled Cheese Sandwich w/Chicken Noodle Soup Choose One or Two Baked Smiley Fries Seasoned Green Beans Choose One or Two Assorted or Fresh Fruits	18 Lunch - Choose One Nachos w/Taco Meat Or Cheese Sauce Hamburger on Bun Choose One or Two Black Beans Lettuce & Tomato Seasoned Corn Choose One or Two Assorted or Fresh Fruits	19 Lunch - Choose One Chicken Tenders w/Roll Turkey Bacon Club Choose One or Two Fresh Vegetable Cup w/Dip Whole Fruit Cup Seasoned Corn Choose One or Two Assorted or Fresh Fruits	20 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 Watermelon
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	24 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	25 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	26 Lunch - Choose One Soft Taco and/or Cheese Sauce Taco Salad Chicken Sandwich Choose One or Two Black Beans Lettuce & Tomato Baby Carrots w/Dip Choose One or Two Assorted or Fresh Fruit	27 Lunch - Choose One Personal PanPizza Crunchy Chicken Cheddar Wrap Choose One or Two Romaine Salad w/Tomato & Dressing Fresh Vegetables Cup w/Dip Whole Fruit Cup Choose One or Two Assorted or Fresh Fruit
30 Lunch - Choose One BBQ on a Bun Fish Sticks w/Corn Muffin Choose One or Two Baked Beans Cole Slaw Choose One or Two Assorted or Fresh Fruit	31 Lunch - Choose One Chicken Patty on a Roll Vegetable Beef Soup w/Grilled Cheese Choose One French Fries Baby Carrots w/Dip Choose One Assorted or Fresh Fruits			Breakfast - *Assortment of Biscuits *Juice, Milk & Fruit served daily with breakfast. Choice of: Milk - 1% white or 1% chocolate - served with all complete meals.

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