

Mathews High School Menu - September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL Labor Day	4 <u>Lunch - Choose One</u> Fish Nuggets w/Roll BBQ on Bun <i>Choose One or Two</i> Baked Beans Cole Slaw <i>Choose One or Two</i> Assorted Fruits	5 <u>Lunch - Choose One</u> Beef & Macaroni Casserole Hot Dog on Bun Grilled Cheese Sandwich <i>Choose One or Two</i> Seasoned Green Beans Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	6 <u>Lunch - Choose One</u> 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 Mini Ice Cream Sandwich	1st/7 <u>Lunch - Choose One</u> 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
10 <u>Lunch - Choose One</u> 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	11 <u>Lunch - Choose One</u> Ham & Cheese Sub Fish Sandwich <i>Choose One or Two</i> French Fries Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	12 <u>Lunch - Choose One</u> 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	13 <u>Lunch - Choose One</u> 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	14 <u>Lunch - Choose One</u> 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
17 <u>Lunch - Choose One</u> 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	18 <u>Lunch - Choose One</u> 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	19 <u>Lunch - Choose One</u> Nacho's w/Taco Meat & Cheese Hamburger on Bun <i>Choose One or Two</i> Refried Beans Lettuce & Tomato Seasoned Corn <i>Choose One or Two</i> Assorted Fruits	20 <u>Lunch - Choose One</u> Turkey Bacon Club Chicken Tenders w/Roll <i>Choose One or Two</i> Celery Sticks Broccoli w/Dressing <i>Choose One or Two</i> Assorted Fruits	21 <u>Lunch - Choose One</u> Turkey & Cheese Flatbread Personal Pan Cheese Pizza <i>Choose One or Two</i> Romaine Salad w/Tomato & Dressing Mixed Vegetables <i>Choose One or Two</i> Assorted Fruits Fresh Strawberries
24 <u>Lunch - Choose One</u> Cheese Filled Breadsticks w/Sauce Turkey & Cheese Sub <i>Choose One or Two</i> Lettuce & Tomato Carrot Sticks <i>Choose One or Two</i> Assorted Fruits	25 <u>Lunch - Choose One</u> Chicken Fajita Cheese Steak Sandwich <i>Choose One</i> Seasoned Corn Broccoli w/Dressing <i>Choose One</i> Assorted Fruits	26 <u>Lunch - Choose One</u> 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 WG Cookie	27 <u>Lunch - Choose One</u> Soft Taco Taco Salad <i>Choose One or Two</i> Black Beans Lettuce & Tomato <i>Choose One or Two</i> Assorted Fruits	28 <u>Lunch - Choose One</u> 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
30				Breakfast - *Assortment of Biscuits *Juice, Milk & Fruit served daily with breakfast. Choice of: Milk - 1% white or fat free chocolate served with all complete meals.

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