

Menus for May 2010



Mathews High School

This institution is an equal opportunity provider and employer.

Monday, May 3

LUNCH
 Chicken Caesar Wrap
 Or
 Chicken Fajita

Peaches
 Applesauce

Tuesday, May 4

LUNCH
 Shrimp Poppers w/ Corn Muffin
 Or
 Crunchy Chicken Cheddar Wrap

Baked Potato
 Broccoli
 Fruit Cup

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wed., May 5

LUNCH
 "Mrs. Bing's" Goulash w/Garlic Bread
 Or
 Cheeseburger on Bun

Tossed Salad
 Pineapple

Thursday, May 6

LUNCH
 Soft Taco
 Or
 Taco Salad
 Or
 Chicken Sandwich

Corn
 Applesauce
 Peaches

Friday, May 7

LUNCH
 Sloppy Joe on Bun
 Or
 Pizza

French Fries
 String Beans
 Pineapple



Monday, May 10

LUNCH
 Cheese Sticks w/ Marinara Sauce
 Or
 Cheeseburger on Bun

Curley Fries
 Corn
 Pineapple

Tuesday, May 11

LUNCH
 Turkey Bacon Club
 Or
 Oriental Chicken Salad
 Or
 Quesadilla

Applesauce
 Onion Rings
 Peaches



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.

Wed., May 12

LUNCH
 *New Item
 Garden Grill Wrap
 Or
 Cheeseburger on Bun

Fruit Cup
 Vegetable Medley Salad

Thursday, May 13

LUNCH
 Pizza Pasta Bake w/Garlic Bread
 Or
 Chicken Sandwich

Tossed Salad
 Peaches

Friday, May 14

LUNCH
 Steak "n" Cheese Sub
 Or
 Chicken Spinach Salad Wrap
 Or
 Cheeseburger on Bun
 Curly Fries
 Green Beans
 Pears

Available Daily

Breakfast
 Assortment of Biscuits

Lunch
 Milk served with all meals

\$5.00 limit on student charges.
 Alternate meal served after reaching limit, until paid.