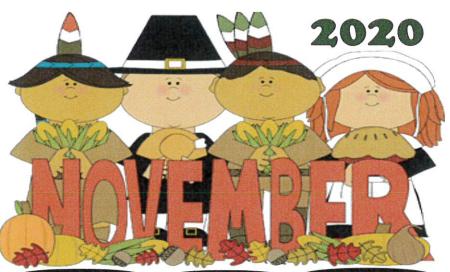
Give thanks with a grateful heart

Madison County Schools NICHS Lunch Menu

An equal opportunity provider & employer.





subject to change.



## Monday, Nov 2

**Beef Nachos** w/Cheese & Salsa Corn **Baby Lima Beans** Fruit Fruit Juice Low/No Fat Milk

#### Tuesday, Nov 3

Spaghetti w/Meat Sauce Vegetable Medley **Green Beans** Fruit Fruit Juice WG Roll Low/No Fat Milk



### Wednesday, Nov 4

Hamburger Sweet Potato Tots Baked Beans Fruit Fruit Juice Low/No Fat Milk

## Thursday, Nov 5

Oven Chicken Mashed Potatoes w/gravy Lima Beans Fruit Fruit Juice WG Roll Low/No Fat Milk

## Friday, Nov 6

Sloppy Joe on a Bun Oven Fries Broccoli w/ Ranch Fruit Fruit Juice Low/No Fat Milk





# We are thankful for YOU!

# Satsumas

contain good levels of calcium, which is necessary for strong bones and teeth.

## Monday, Nov 9

Corndog **Baked Beans** Steamed Broccoli Fruit Fruit Juice Low/No Fat Milk

#### Tuesday, Nov 10

Chicken& Rice Garden Peas Sliced Carrots Fruit Fruit Juice WG Roll Low/No Fat Milk

## Wednesday, Nov 11

No School

Veteran's Day



## Thursday, Nov 12

Manager's Choice

## Friday, Nov 13

Vegetable Beef Soup Crackers **Baby Carrots** w/Ranch Fruit Fruit Juice Low/No Fat Milk



Monday, Nov 16 Pepperoni Pizza

Corn Steamed Broccoli Fruit Fruit Juice Low/No Fat Milk



#### Tuesday, Nov 17

PBJ Oven Fries **Baby Carrots** w/Ranch Fruit Fruit Juice Low/ Fat Milk

#### Wednesday, Nov 18

Turkey Roast Dressing **Green Beans** Yams **Cranberry Sauce** WG Roll Fruit Fruit Juice Low/ No Fat Milk

### Thursday, Nov 19

**Beef Nachos** w/Cheese & Salsa Corn Black Beans Fruit Fruit Juice

Give Thanks

Low/ No Fat

#### Friday, Nov 20

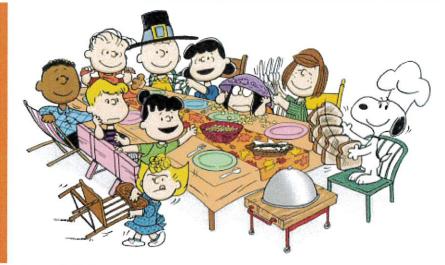
Chili w/Cheese & Beans Crackers Tater Tots **Baby Carrots** w/ Ranch Fruit Fruit Juice Milk Low/No Fat Milk





# **SATSUMAS**

are coming soon! These little citrus fruits are easy to peel and fun to eat, and they provide high doses of Vitamin C and synephrine -- a natural decongestant that helps relieve cold and allergy symptoms.





Monday, Nov 23

No School

Tuesday, Nov 24

No School

Wednesday, Nov 25

No School

Thursday, Nov 26

No School

Friday, Nov 27

No School

I'm not afraid of storms, for I'm learning how to sail my ship. -Louisa May Alcott

# Monday, Nov 30

Pepperoni Pizza Corn Steamed Broccoli Fruit Fruit Juice Low/No Fat Milk

