

## **Madison County 9-12 Schools Lunch Menu** An equal opportunity provider & employer.

## Monday, Oct 7

Corndog Sweet Potato Tots Broccoli w/Ranch Fruit Fruit Juice Low/No Fat Milk

## Tuesday, Oct 8

Pulled Pork Tater Tots Baked Beans WG Roll Fruit Fruit Juice Low/No Fat Milk

Wednesday, Oct 9

Chicken & Rice Green Beans Sliced Carrots Fruit Fruit Juice WG Roll Low/No Fat Milk

## Tuesday, Oct 1

Crispy Chicken Nuggets Oven Fries Green Beans WG Roll Fruit Fruit Juice Low/No Fat Milk

## Wednesday, Oct 2

Ham Greens Yams Cornbread Fruit Juice Frozen Swirl Fruit Cup Low/No Fat Milk

## Thursday, Oct 3

Lasagna w/Meat Sauce Corn on Cob **Green Beans** Fruit Fruit Juice WG Roll Low/No Fat Milk

## Friday, Oct 4

Beef Nachos w/ Cheese & Salsa **Potato Smiles** Carrots w/ Ranch Fruit Fruit Juice Low/No Fat Milk

## Thursday, Oct 10

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

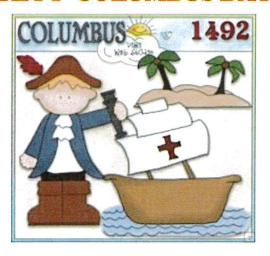
## Friday, Oct 11

Chicken Quesadilla Oven Fries Steamed Broccoli Fruit Fruit Juice Low/No Fat Milk



Learn how to cook, try new recipes, learn from your mistakes, be fearless and above all. have fun! -Julia Child

## HAPPY COLUMBUS DAY



## Monday, Oct 14

Tuesday, Oct 15

Wednesday, Oct 16

Thursday, January 17

Friday, January 18

## NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18, 2019

## **Student Choice**

## Superintendent

Choice **BBQ Chicken Cheesy Mashed Potatoes Turnip Greens** Cornbread Fruit Fruit Juice Peach Cobbler Low/No Fat Milk

## TEACHER/STAFF CHOICE

## PRINCIPAL CHOICE

# HOMECOMING

Early Release

#### Monday, Oct 21

Pepperoni Pizza Corn Vegetable Medley Fruit Fruit Juice Low/No Fat Milk



## Tuesday, Oct 22

Chicken Tetrazzini Sliced Carrots Steamed Broccoli Fruit Fruit Juice WG Roll Low/No Fat Milk

## Wednesday, Oct 23

Salsa

Fruit

Low/No Fat Milk

Brunch- 4- Lunch Mini Maple Pancakes (284831) Sausage **Tater Tots Fruit Juice** 

## Thursday, Oct 24

Salisbury Steak **Mashed Potatoes** w/Gravv **Green Beans** Fruit Fruit Juice WG Roll Low/No Fat Milk

## Friday, Oct 25

Pulled Pork **Potato Smiles Baked Beans** WG Roll Fruit Fruit Juice Low/No Fat Milk



# "Life has more imagination than we carry in our dreams." - Christopher Columbus

## **HEALTH BENEFITS OF** PUMPKIN SEEDS

- · Only seed that is Alkaline-forming
- · Reduce Levels of LDL Cholesterol
- Provides Protein
- Kill Parasites
- · Reduce Arthritis Inflammation
- · Prevents Kidney Stone
- . Good for Prostate Health
- Promotes Good Sleep
- · Filled with Minerals
- · High in Zinc



### Tuesday, Oct 29

**Beef Nachos** w/ Cheese & Salsa | w/Meat Sauce **Potato Smiles** Carrots w/ Ranch Fruit Fruit Juice Low/No Fat Milk

Monday, Oct 28

Lasagna Corn on Cob Vegetable Medley Fruit Fruit Juice WG Roll Low/No Fat Milk

## Wednesday, Oct 30

Ham Greens Yams Cornbread Frozen Swirl Fruit Cup Fruit Juice Low/No Fat Milk

## Thursday, Oct 31

Country Fried Steak **Mashed Potatoes** w/Gravy Yellow Squash WG Roll Fruit Fruit Juice Low/No Fat Milk

