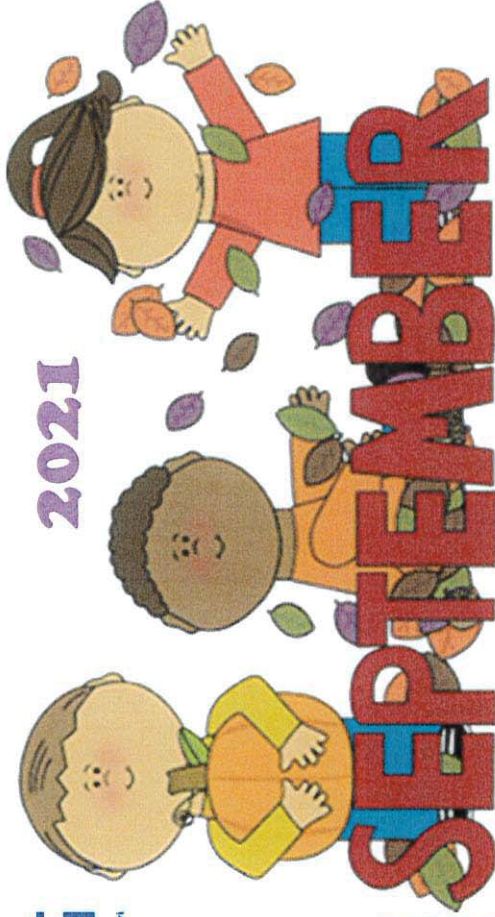


Menus are subject to change.



To eat a **RAINBOW**,  
 add  
 at least  
 two or three  
 colored  
 fruits or veg-  
 etables  
 to each meal

**Madison County K-8  
 Schools Lunch Menu**  
 An equal opportunity  
 provider & employer.



2021

Wednesday, Sept 1

Brunch- 4- Lunch  
 Mini Pancakes  
 Sausage  
 Tater Smiles  
 Salsa  
 Fruit  
 Low/No Fat Milk



Thursday Sept 2

Lasagna  
 w/Meat Sauce  
 Sliced Carrots  
 Green Beans  
 Fruit  
 WG Roll  
 Low/No Fat Milk



Friday, Sept 3

All American  
 Hot Dog  
 Oven Fries  
 Coleslaw  
 Fruit  
 Low/No Fat Milk



What two presidents also signed  
 the U.S. Constitution?



Tuesday, Sept 7

Pizza  
 Corn  
 Baby Carrots  
 w/Ranch  
 Fruit  
 Low/No Fat Milk



Wednesday, Sept 8

Beef Shepard's Pie  
 Broccoli  
 Fruit  
 WG Roll  
 Low/No Fat Milk



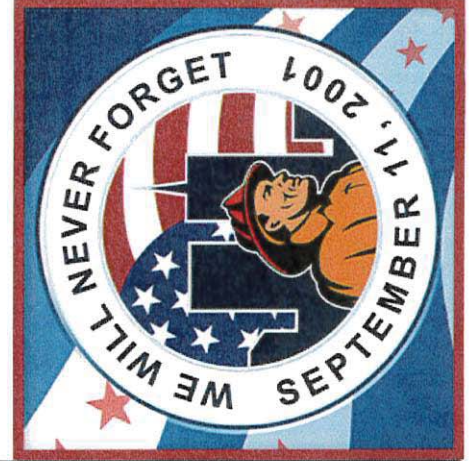
Thursday, Sept 9

Baked Chicken  
 Mashed Potatoes  
 w/Gravy  
 Green Beans  
 Fruit  
 WG Roll  
 Low/No Fat Milk



Friday, Sept 10

Pulled Pork  
 Sandwich  
 Sweet Potato Tots  
 Baked Beans  
 Fruit  
 Low/No Fat Milk



**Fruits and vegetables** of different colors offer various health benefits. By ensuring you're eating a few colored fruits or vegetables at each meal, you're setting yourself up for good health.

Monday, Sept 13

Chicken Nachos  
w/ Mozz Cheese  
Salsa  
Corn  
Fruit  
Low/No Fat Milk



Tuesday, Sept 14

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



Wednesday, Sept 15

Corndog  
Sweet Potato Tots  
Baked Beans  
Fruit  
Low/No Fat Milk



Thursday, Sept 16

Turkey Roast  
Mashed Potatoes  
w/ Gravy  
Green Beans  
Frozen Swirl  
Fruit Cup  
WG Roll  
Low/No Fat Milk



Friday, Sept 17

Sloppy Joe  
on a Bun  
Oven Fries  
Steamed Broccoli  
Fruit  
Low/No Fat Milk

Monday, Sept 20

Pepperoni Pizza  
Corn  
Baby Carrots  
w/ Ranch  
Fruit  
Low/No Fat Milk

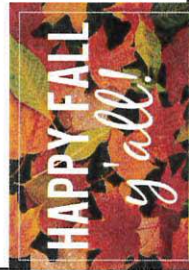


Tuesday, Sept 21

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

Wednesday, Sept 22

Crispy Chicken  
Nuggets  
Oven Fries  
Steamed Broccoli  
Fruit  
Low/No Fat Milk



Thursday, Sept 23

Salisbury Steak  
Mashed Potatoes  
w/Gravy  
Green Beans  
Fruit  
WG Roll  
Low/No Fat Milk



Friday, Sept 24

Chicken Sandwich  
Sweet Potato Tots  
Baked Beans  
Fruit  
Low/No Fat Milk



George Washington and James Madison were the only presidents who signed the Constitution.



September 17<sup>th</sup>

Celebrate the Birthday of Our Government Constitution Day ★

What are your favorite foods from the rainbow?



Tuesday, Sept 28

Chicken Tetrazzini  
Yams  
Broccoli  
Fruit  
WG Roll  
Low/No Fat Milk



Wednesday, Sept 29

Brunch- 4- Lunch  
Mini Pancakes  
Sausage  
Tater Smiles  
Salsa  
Fruit  
Low/No Fat Milk



Thursday, Sept 30

Lasagna  
w/Meat Sauce  
Sliced Carrots  
Green Beans  
Fruit  
WG Roll  
Low/No Fat Milk

