



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

Menus are subject to change.

Monday, Aug. 12
 Pepperoni Pizza
 Corn
 Vegetable Medley
 Fruit
 Low/No Fat Milk

Tuesday, Aug. 13
 Crispy Chicken
 Nuggets
 Oven Fries
 Broccoli w/Ranch
 Fruit
 Low/No Fat Milk

Wed, Aug. 14
 Ham
 Greens
 Yams
 Frozen Swirl Fruit
 Cup
 Cornbread
 Low/No Fat Milk

Thursday, Aug. 15
 Salisbury Steak
 Mashed Potatoes
 w/Gravy
 Sliced Carrots
 Fruit
 WG Roll
 Low/No Fat Milk

Friday, Aug. 16
 Pulled Pork
 Tater Tots
 Baked Beans
 WG Roll
 Fruit
 Low/No Fat Milk

Monday, Aug. 19
 Chicken Nachos
 w/Cheese & Salsa
 Corn
 Steamed Broccoli
 Fruit
 Low/No Fat Milk

Tuesday, Aug. 20
 Spaghetti w/Meat
 Sauce
 Vegetable Medley
 Green Beans
 Fruit
 WG Roll
 Low/No Fat Milk

Wednesday, Aug. 21
 Corn Dog
 Sweet Potato Tots
 Baked Beans
 Fruit
 Low/No Fat Milk

Thursday, Aug. 22
 Chicken & Rice
 Garden Peas
 Sliced Carrots
 Fruit
 WG Roll
 Low/No Fat Milk

Friday, Aug. 23
 Pepperoni Pizza
 Oven Fries
 Broccoli w/ Ranch
 Fruit
 Low/No Fat Milk



SUNSHINE & VITAMIN D

Children need Vitamin D. They can get it from direct sunlight; fatty fishes, such as tuna and salmon; and vitamin D-fortified foods, such as dairy products and cereals.

GO OUTSIDE AND PLAY
 Walk your dog
 Fly a kite.
 Have a Hula-Hoop contest.
 Play basketball with friends.
 Play a game of tag.
 Try jump roping.
 Ride a bike.
 Play at the park.
 Play hopscotch.
 Go swimming.
 Play under the water hose.
 Play Hide & Seek.
 Play kickball.
 Play Duck, Duck, Goose
 Go on a picnic.



Monday, Aug. 26
 Corndog
 Sweet Potato Tots
 Broccoli w/Ranch
 Fruit
 Low/No Fat Milk

Tuesday, Aug. 27
 Beefy Beef-a-Roni
 Green Peas
 Vegetable Medley
 Frozen Swirl Fruit
 Cup
 WG Roll
 Low/No Fat Milk

Wed, Aug. 28
 Brunch- 4- Lunch
 French Toast
 Sticks
 Sausage
 Tater Tots
 Salsa
 Fruit
 Low/No Fat Milk

Thursday, Aug. 29
 Turkey Roast
 Mashed Potatoes
 w/Gravy
 Green Beans
 Fruit
 WG Roll
 Low/No Fat Milk

Friday, Aug. 30
 Crispy Chicken
 Nuggets
 Oven Fries
 Carrots w/Ranch
 WG Roll
 Fruit
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Greens
Yams
Frozen Swirl Fruit
Cup
Cornbread
Fruit Juice
Low/No Fat Milk

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Mashed Potatoes
w/Gravy
Sliced Carrots
Fruit
WG Roll
Fruit Juice
Low/No Fat Milk

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Tater Tots
Baked Beans
WG Roll
Fruit
Fruit Juice
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Fruit
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Thursday, Aug. 22
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Garden Peas
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Fruit
WG Roll
Fruit Juice
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Oven Fries
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Brunch- 4- Lunch
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Sausage
Tater Tots
Salsa
Fruit
Fruit Juice
Low/No Fat Milk

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

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Crispy Chicken
Nuggets
Oven Fries
Carrots w/Ranch
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk