**2020 FEbruary**

**Madison County PK-8 Schools Lunch Menu**

*An equal opportunity provider & employer.*

Menus are subject to change.

<table>
<thead>
<tr>
<th>Monday, FEB 3</th>
<th>Tuesday, FEB 4</th>
<th>Wednesday, FEB 5</th>
<th>Thursday, FEB 6</th>
<th>Friday, FEB 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza</td>
<td>Salisbury Steak</td>
<td>Ham</td>
<td>Chicken Tetrazzini</td>
<td>Chicken Sandwich</td>
</tr>
<tr>
<td>Corn</td>
<td>Mashed Potatoes</td>
<td>Greens</td>
<td>Sliced Carrots</td>
<td>Potato Smiles</td>
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<tr>
<td>Oven Fries</td>
<td>w/Gravy</td>
<td>Yams</td>
<td>Green Peas</td>
<td>Vegetable Beans</td>
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<tr>
<td>Fruit</td>
<td>Green Beans</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>Low/No Fat Milk</td>
<td>Cornbread</td>
<td>Cornbread</td>
<td>WG Roll</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td>Low/No Fat Milk</td>
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<td>Low/No Fat Milk</td>
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</tbody>
</table>

**Monday, FEB 10**

Beef Nachos  
* w/ Cheese & Salsa
Corn
Steamed Broccoli
Fruit
Low/No Fat Milk

**Tuesday, FEB 11**

Chicken & Rice  
Black-eyed Peas
Sliced Carrots
Fruit
WG Roll
Low/No Fat Milk

**Wednesday, FEB 12**

Country Fried Steak  
Mashed Potatoes  
* w/ Gravy
Green Beans
WG Roll
Fruit
Low/No Fat Milk

**Thursday, FEB 13**

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

**Friday, FEB 14**

Fish Sandwich
Oven Fries
Coleslaw
Fruit
Low/No Fat Milk

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*"Be sure you put your feet in the right place, then stand firm."*  
— Abraham Lincoln

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Peanuts are low in carbs. This makes them a good dietary choice for people with diabetes.

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"I was the conductor of the Underground Railroad for eight years, and I can say what most conductors can't say; I never ran my train off the track and I never lost a passenger."  
— Harriet Tubman

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Happy Valentine's Day
If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter.

- George Washington (1732 – 1799)

Peanuts are an exceptionally good source of protein, and are packed with healthy fats.

Peanuts are an excellent source of many vitamins and minerals, and they include antioxidants.

George Washington Carver developed approximately 300 products made from peanuts.

"Learn to do common things uncommonly well..."

- George Washington Carver

There are over 500 peanuts in every 12oz jar of peanut butter.