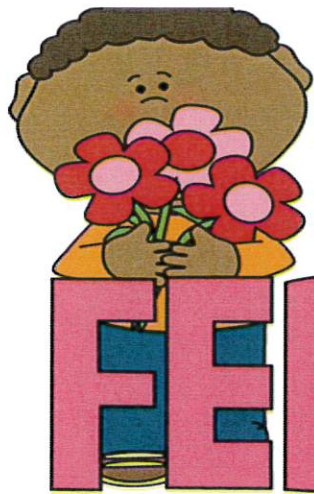


**Madison County
9-12
Schools Lunch
Menu**

**An equal opportunity
provider & employer.**

*Menus are subject
to change.*



2020

FEBRUARY

**BLACK
HISTORY
MONTH**



"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

Monday, FEB 3

Pizza
Corn
Oven Fries
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, FEB 4

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

Wednesday, FEB 5

Ham
Greens
Yams
Fruit
Fruit Juice
Cornbread
Low/No Fat Milk

Thursday, FEB 6

Chicken Tetrzzini
Sliced Carrots
Green Peas
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Friday, FEB 7

Chicken Sandwich
Potato Smiles
Vegetable Beans
Baby Carrots
w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk



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

Monday, FEB 10

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

Tuesday, FEB 11

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

Wednesday, FEB 12

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

Thursday, FEB 13

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

Friday, FEB 14

Fish Sandwich
Oven Fries
Coleslaw
Fruit
Fruit Juice
Low/No Fat Milk

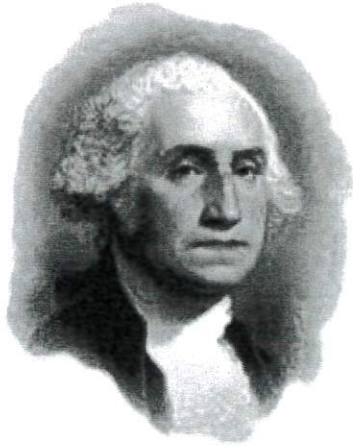


Peanuts are low in carbs. This makes them a good dietary choice for people with diabetes.



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)



Monday, FEB 17

NO SCHOOL



Tuesday, FEB 18

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

Wednesday, FEB 19

Chicken Salad w/Crackers
Mac & Cheese
Garden Peas
Sliced Carrots
Fruit
Fruit Juice
Low/No Fat Milk

Thursday, FEB 20

Sliced Turkey
Mashed Potatoes w/ Gravy
Vegetable Medley
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk

Friday, FEB 21

Vegetable Beef Soup
PBJ Uncrustable
Steamed Broccoli
Fruit
Fruit Juice
Low/No Fat Milk

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

Monday, FEB 24

Chicken Nachos w/Cheese
Salsa
Black Beans
Corn
Fruit
Fruit Juice
Low/No Fat Milk



Tuesday, FEB 25

Cheeseburger
Oven Potatoes
Baked Beans
Baby Carrots w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Wednesday, FEB 26

Brunch- 4- Lunch
Mini Maple Pancakes
Sausage
Tater Tots
Salsa
Fruit
Fruit Juice
Low/No Fat Milk

Thursday, FEB 27

Crispy Chicken Nuggets
Mashed Potatoes w/Gravy
Green Beans
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk

Friday, FEB 28

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



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

