

welcome back

Menus are subject to change.



HAVE A SUPER GREAT YEAR!

Madison Co. High School Lunch Menu for August 2017

An equal opportunity provider and employer.

Thursday, August 10
 Pepperoni Pizza
 Corn
 Vegetable Medley
 Fruit
 Fruit Juice
 Low/No Fat Milk

Friday, August 11
 Corndog
 Sweet Potato Tots
 Broccoli w/ Ranch
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk

Monday, August 14
 Hamburger
 Oven Fries
 Baked Beans
 Fruit
 Fruit Juice
 Low/No Fat Milk

Tuesday, August 15
 Chicken Pot Pie
 Greens Beans
 Steamed Broccoli
 Fruit
 WG Rolls
 Fruit Juice
 Low/No Fat Milk

Wednesday, August 16
 Ham
 Baby Lima Beans
 Scalloped Potatoes
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk

Thursday, August 17
 Spaghetti w/ Meat Sauce
 Corn
 Side Salad w/ Ranch
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk

Friday, August 18
 Chicken Nuggets
 Mashed Potatoes w/ Gravy
 Sliced Carrots
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk

Monday, August 21
 Pepperoni Pizza
 Corn
 Vegetable Medley
 Fruit
 Fruit Juice
 Low/No Fat Milk

Tuesday, August 22
 Salisbury Steak
 Mashed Potatoes w/ Gravy
 Green Beans
 Fruit
 WG Rolls
 Fruit Juice
 Low/No Fat Milk

Wednesday, August 23
 BBQ Rib Sandwich
 Sweet Potato Tots
 Coleslaw
 Fruit
 Fruit Juice
 Low/No Fat Milk

Thursday, August 24
 Chicken Nachos w/ Salsa
 Black Beans
 Corn
 Fruit
 Fruit Juice
 Low/No Fat Milk

**DECIDE.
 COMMIT.
 SUCCEED.**

Friday, August 25
 Corndog
 Fries
 Broccoli w/ Ranch
 Fruit
 Fruit Juice
 Low/No Fat Milk

HEALTHY EATING PLATE

HEALTHY OILS
 Use healthy oils (like coconut and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
 The more veggies- and the greater the variety- the better.

FRUITS
 Eat plenty of fruits of all colours.

WHOLE GRAIN
 Eat whole grains (like brown rice, whole wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
 Choose fish, poultry, beans, and nuts; limit redmeat; avoid pork cold cuts, and other processed meats.

WATER
 Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2servings/day and juice(1 small glass/day). Avoid sugary drinks.

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Monday, August 28
 Chicken Sandwich
 Oven Fries
 Broccoli Florets w/ Ranch
 Fruit
 Fruit Juice
 Low/No Fat Milk

Tuesday, August 29
 Mac & Cheese w/ Ham
 Greens
 Vegetable Medley
 Fruit
 Cornbread
 Fruit Juice
 Low/No Fat Milk

Wednesday, August 30
 Chicken Noodle Casserole
 Green Beans
 Sliced Carrots
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk

Wednesday, August 31
 Lasagna w/ Meat Sauce
 Corn
 Side Salad w/ Ranch
 Fruit
 WG Roll
 Fruit Juice
 Low/No Fat Milk