**2020**

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

An equal opportunity provider & employer.

<table>
<thead>
<tr>
<th>Monday, Oct 5</th>
<th>Tuesday, Oct 6</th>
<th>Wednesday, Oct 7</th>
<th>Thursday, Oct 8</th>
<th>Friday, Oct 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Nachos w/Cheese &amp; Salsa Corn Baby Lima Beans Fruit Fruit Juice Low/No Fat Milk</td>
<td>Pulled Pork Sandwich Sweet Potato Tots Baked Beans Fruit Fruit Juice Low/No Fat Milk</td>
<td>Corndog Tater Smiles Broccoli w/Ranch Fruit Fruit Juice Low/No Fat Milk</td>
<td>Spaghetti w/Meat Sauce Vegetable Medley Green Beans Fruit Fruit Juice WG Roll Low/No Fat Milk</td>
<td>Principal's Choice</td>
</tr>
</tbody>
</table>

**Thursday, Oct 1**
- Chicken & Rice
- Garden Peas
- Sliced Carrots
- Fruit
- Fruit Juice
- WG Roll
- Low/No Fat Milk

**Friday, Oct 2**
- Sloppy Joe on a Bun
- Oven Fries
- Broccoli w/ Ranch
- Fruit
- Fruit Juice
- Low/No Fat Milk
- Baby Carrots w/Ranch

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There's an average of 800 kernels in 16 rows on each ear of corn.

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"I'm so glad I live in a world where there are Octobers."

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Anne of Green Gables by Lucy Maud Montgomery

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**NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16**

<table>
<thead>
<tr>
<th>Monday, Oct 12</th>
<th>Tuesday, Oct 13</th>
<th>Wednesday, Oct 14</th>
<th>Thursday, Oct 15</th>
<th>Friday, Oct 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manager's Choice</td>
<td>Superintendent's Choice</td>
<td>Teacher/Staff Choice</td>
<td>Students' Choice</td>
<td>NO SCHOOL</td>
</tr>
</tbody>
</table>

HAPPY COLUMBUS DAY 1492
<table>
<thead>
<tr>
<th>Monday, Oct 23</th>
<th>Tuesday, Oct 24</th>
<th>Wednesday, Oct 25</th>
<th>Thursday, Oct 26</th>
<th>Friday, Oct 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepperoni Pizza</td>
<td>Chicken &amp; Rice</td>
<td>Lasagna</td>
<td>Crispy Chicken</td>
<td>Sloppy Joe</td>
</tr>
<tr>
<td>Corn</td>
<td>Baby Green Lima</td>
<td>w/Meat Sauce</td>
<td>Nuggets</td>
<td>on a Bun</td>
</tr>
<tr>
<td>Oven Fries</td>
<td>Beans</td>
<td>Vegetable Medley</td>
<td>Mashed Potatoes</td>
<td>Baked Beans</td>
</tr>
<tr>
<td>Fruit</td>
<td>Sliced Carrots</td>
<td>w/Gravy</td>
<td>w/Ranch</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Fruit</td>
<td>Baby Carrots</td>
<td>Fruit</td>
<td>w/Ranch</td>
</tr>
<tr>
<td>Low/No Fat Milk</td>
<td>Juice</td>
<td>w/Ranch</td>
<td>Fruit</td>
<td>Fruit Juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Low/No Fat Milk</td>
</tr>
</tbody>
</table>

Corn is loaded with fiber and contains vitamin C, B vitamins, magnesium and potassium.

One should eat to live; not live to eat.  

Rich in vitamins, minerals and antioxidants, pumpkins are incredibly healthy.

Corn is rich in fiber and plant compounds that may aid digestive and eye health.

"Autumn shows us how beautiful it is to let things go."