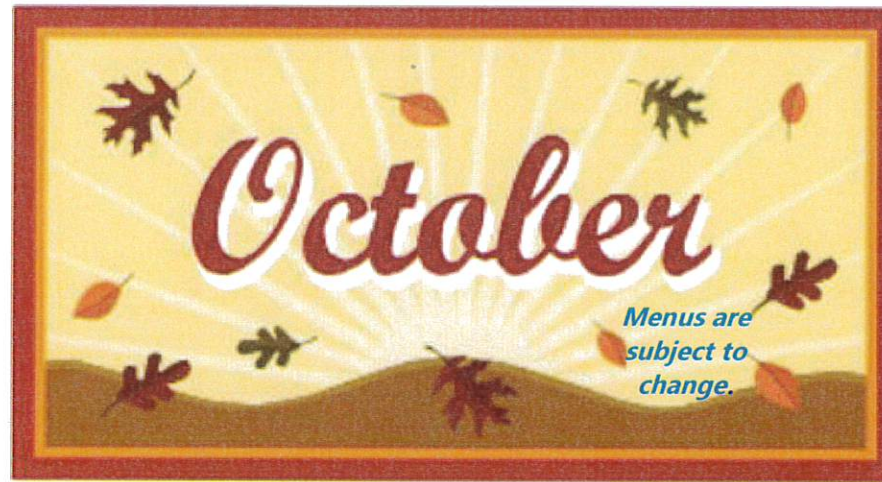




2020

Madison County 9-12 Schools Lunch Menu

An equal opportunity
provider & employer.



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

Monday, Oct 5

Beef Nachos
w/Cheese & Salsa
Corn
Baby Lima Beans
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, Oct 6

Pulled Pork
Sandwich
Sweet Potato Tots
Baked Beans
Fruit
Fruit Juice
Low/No Fat Milk

Wednesday, Oct 7

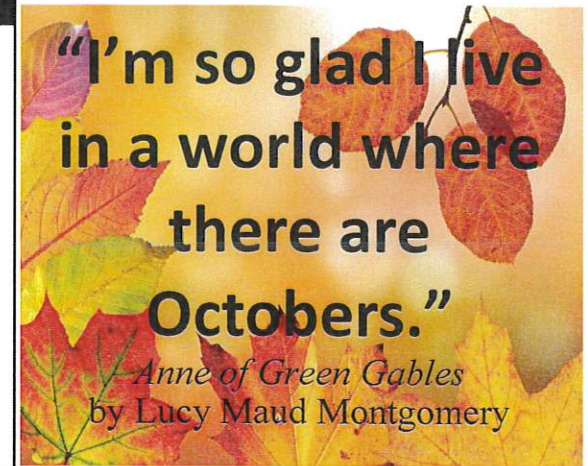
Corndog
Tater Smiles
Broccoli w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Thursday, Oct 8

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

Friday, Oct 9

Principal's Choice



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



Monday, Oct 12

NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16

Manager's Choice

HAPPY COLUMBUS
DAY



Tuesday, Oct 13

Superintendent's
Choice



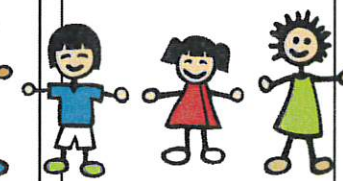
Wednesday, Oct 14

Teacher/Staff
Choice



Thursday, Oct 15

Students' Choice



Friday, Oct 16

NO SCHOOL



Monday, Oct 19

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



Tuesday, Oct 20

Chicken & Rice
Baby Green Lima
Beans
Sliced Carrots
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Wednesday, Oct 21

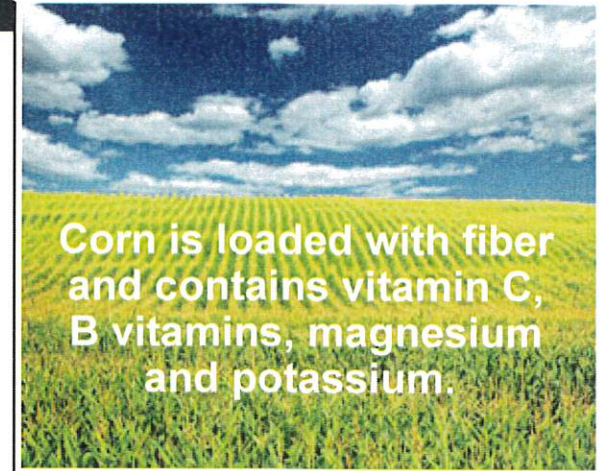
Lasagna
w/Meat Sauce
Vegetable Medley
Green Beans
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Thursday, Oct 22

Crispy Chicken
Nuggets
Mashed Potatoes
w/Gravy
Baby Carrots
w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Friday, Oct 23

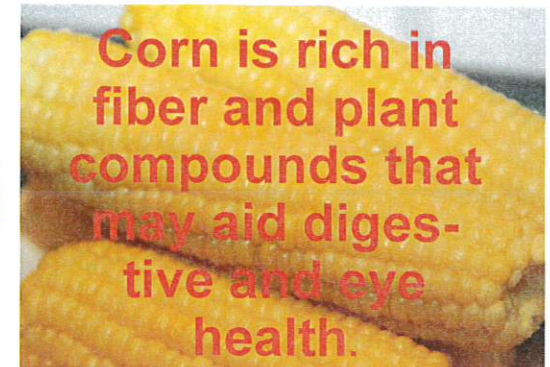
Sloppy Joe
on a Bun
Baked Beans
Broccoli w/ Ranch
Fruit
Fruit Juice
Low/No Fat Milk



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

One should eat to live; not live to eat.

Socrates



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

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

Monday, Oct 26

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



Tuesday, Oct 27

Hamburger on Bun
Oven Fries
Baked Beans
Fruit
Fruit Juice
Low/No Fat Milk

Wednesday, Oct 28

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

Thursday, Oct 29

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

Friday, Oct 30

Corndog
Tater Smiles
Broccoli w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk



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