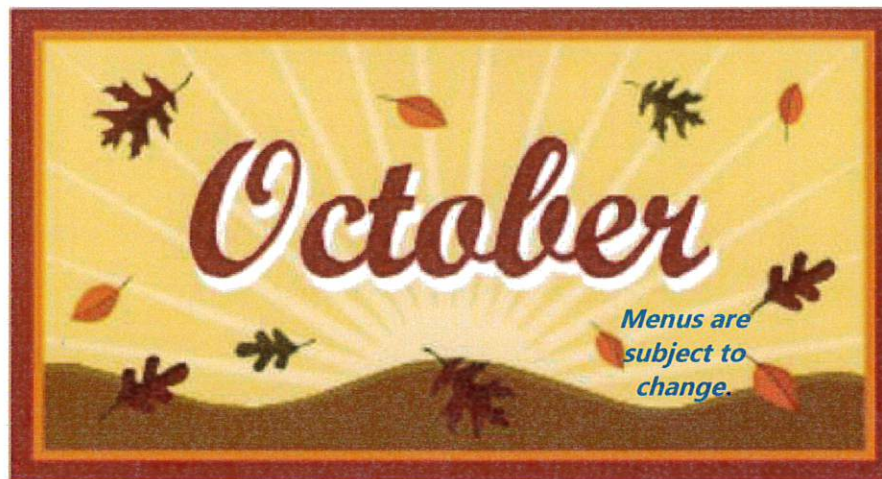




# 2020

## Madison County PK-8 Schools Lunch Menu

An equal opportunity  
provider & employer.



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

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

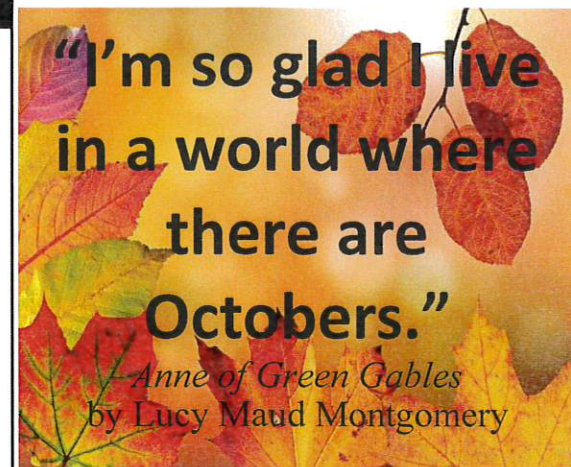
**Monday, Oct 5**  
 Beef Nachos  
 w/Cheese & Salsa  
 Corn  
 Baby Lima Beans  
 Fruit  
 Low/No Fat Milk

**Tuesday, Oct 6**  
 Pulled Pork  
 Sandwich  
 Sweet Potato Tots  
 Baked Beans  
 Fruit  
 Low/No Fat Milk

**Wednesday, Oct 7**  
 Corndog  
 Tater Smiles  
 Broccoli w/Ranch  
 Fruit  
 Low/No Fat Milk




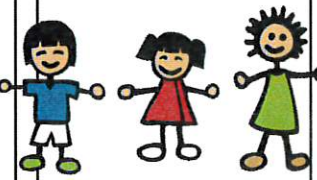

**Thursday, Oct 8**  
 Spaghetti  
 w/Meat Sauce  
 Vegetable Medley  
 Green Beans  
 Fruit  
 WG Roll  
 Low/No Fat Milk

**Friday, Oct 9**  
Principal's Choice



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



Monday, Oct 12	Tuesday, Oct 13	Wednesday, Oct 14	Thursday, Oct 15	Friday, Oct 16
<b>NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16</b>				
<u>Manager's Choice</u> HAPPY COLUMBUS DAY	<u>Superintendent's Choice</u>	<u>Teacher/Staff Choice</u>	<u>Students' Choice</u>	<b>NO SCHOOL</b>
				



Monday, Oct 19

Pepperoni Pizza  
Corn  
Oven Fries  
Fruit  
Low/No Fat Milk



Tuesday, Oct 20

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

Wednesday, Oct 21

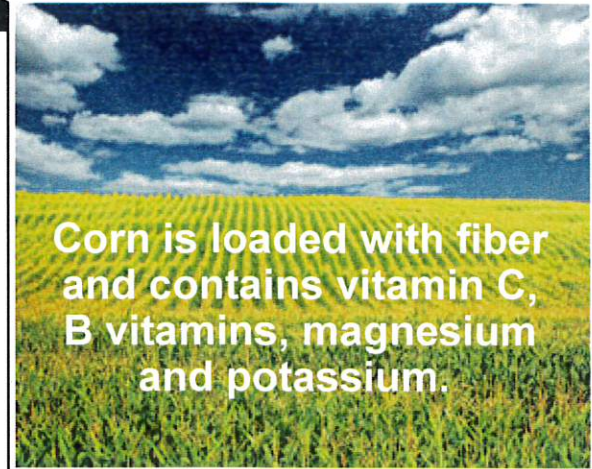
Lasagna  
w/Meat Sauce  
Vegetable Medley  
Green Beans  
Fruit  
WG Roll  
Low/No Fat Milk

Thursday, Oct 22

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

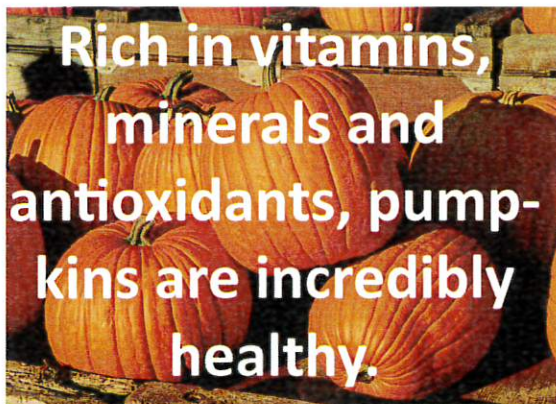
Friday, Oct 23

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



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

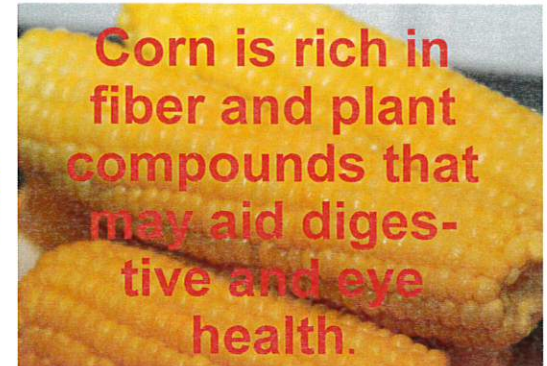
One should eat to live; not live to eat.



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



Socrates



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

Monday, Oct 26

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



Tuesday, Oct 27

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

Wednesday, Oct 28

Ham  
Greens  
Yams  
Fruit  
Cornbread  
Low/No Fat Milk

Thursday, Oct 29

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

Friday, Oct 30

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



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