



Madison County 9-12 Schools Lunch Menu
 An equal opportunity provider & employer.

Tuesday, Oct 1
 Crispy Chicken Nuggets
 Oven Fries
 Green Beans
 WG Roll
 Fruit
 Fruit Juice
 Low/No Fat Milk

Wednesday, Oct 2
 Ham
 Greens
 Yams
 Cornbread
 Fruit Juice
 Frozen Swirl Fruit Cup
 Low/No Fat Milk

Thursday, Oct 3
 Lasagna w/Meat Sauce
 Corn on Cob
 Green Beans
 Fruit
 Fruit Juice
 WG Roll
 Low/No Fat Milk

Friday, Oct 4
 Beef Nachos w/ Cheese & Salsa
 Potato Smiles
 Carrots w/ Ranch
 Fruit
 Fruit Juice
 Low/No Fat Milk

Monday, Oct 7
 Corndog
 Sweet Potato Tots
 Broccoli w/Ranch
 Fruit
 Fruit Juice
 Low/No Fat Milk

Tuesday, Oct 8
 Pulled Pork
 Tater Tots
 Baked Beans
 WG Roll
 Fruit
 Fruit Juice
 Low/No Fat Milk

Wednesday, Oct 9
 Chicken & Rice
 Green Beans
 Sliced Carrots
 Fruit
 Fruit Juice
 WG Roll
 Low/No Fat Milk

Thursday, Oct 10
 Spaghetti w/Meat Sauce
 Vegetable Medley
 Green Peas
 Fruit
 Fruit Juice
 WG Roll
 Low/No Fat Milk

Friday, Oct 11
 Chicken Quesadilla
 Oven Fries
 Steamed Broccoli
 Fruit
 Fruit Juice
 Low/No Fat Milk



Learn how to cook, try new recipes, learn from your mistakes, be fearless and above all, have fun! -Julia Child

HAPPY COLUMBUS DAY



Monday, Oct 14 Tuesday, Oct 15 Wednesday, Oct 16 Thursday, January 17 Friday, January 18

NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18, 2019

Student Choice

Superintendent Choice
 BBQ Chicken
 Cheesy Mashed Potatoes
 Turnip Greens
 Cornbread
 Fruit
 Fruit Juice
 Peach Cobbler
 Low/No Fat Milk

TEACHER/STAFF CHOICE

PRINCIPAL CHOICE

 Early Release

HOMECOMING

Monday, Oct 21

Pepperoni Pizza
Corn
Vegetable Medley
Fruit
Fruit Juice
Low/No Fat Milk



Tuesday, Oct 22

Chicken Tetrizzini
Sliced Carrots
Steamed Broccoli
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Wednesday, Oct 23

Brunch- 4- Lunch
Mini Maple
Pancakes (284831)
Sausage
Tater Tots
Salsa
Fruit
Fruit Juice
Low/No Fat Milk

Thursday, Oct 24

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

Friday, Oct 25

Pulled Pork
Potato Smiles
Baked Beans
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk

October

October's the month
When the smallest breeze
Gives us a shower
Of autumn leaves.
Bonfires and pumpkins,
Leaves sailing down -
October is red
And golden and brown.



“Life has more imagination than we carry in our dreams.” – Christopher Columbus

HEALTH BENEFITS OF PUMPKIN SEEDS

- Only seed that is Alkaline-forming
- Reduce Levels of LDL Cholesterol
- Provides Protein
- Kill Parasites
- Reduce Arthritis Inflammation
- Prevents Kidney Stone
- Good for Prostate Health
- Promotes Good Sleep
- Filled with Minerals
- High in Zinc



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Monday, Oct 28

Beef Nachos
w/ Cheese & Salsa
Potato Smiles
Carrots w/ Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, Oct 29

Lasagna
w/Meat Sauce
Corn on Cob
Vegetable Medley
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk


Wednesday, Oct 30

Ham
Greens
Yams
Cornbread
Frozen Swirl Fruit
Cup
Fruit Juice
Low/No Fat Milk

Thursday, Oct 31

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

10 HEALTH BENEFITS OF PUMPKIN



- GOOD ZINC SOURCE
- REGULATES BLOOD SUGAR
- BOOST VISION
- ANTI-OXIDANT
- HEALTHY HEART
- BETTER IMMUNITY
- BOOSTS EYE HEALTH
- SLEEP BETTER
- LOWER BLOOD PRESSURE
- ANTI-CANCER

VITAMIN A 246%
VITAMIN C 19%
FIBER 11%
POTASSIUM 16%
COPPER 14%