**Madison County PK-8 Schools Lunch Menu**

An equal opportunity provider & employer.

<table>
<thead>
<tr>
<th>Monday, Oct 7</th>
<th>Tuesday, Oct 8</th>
<th>Wednesday, Oct 9</th>
<th>Thursday, Oct 10</th>
<th>Friday, Oct 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn dog</td>
<td>Pulled Pork</td>
<td>Chicken &amp; Rice</td>
<td>Spaghetti</td>
<td>Chicken Quesadilla</td>
</tr>
<tr>
<td>Sweet Potato Tots</td>
<td>Tater Tots</td>
<td>Green Beans</td>
<td>w/Meat Sauce</td>
<td>Oven Fries</td>
</tr>
<tr>
<td>Broccoli w/Ranch Fruit</td>
<td>Baked Beans</td>
<td>Sliced Carrots</td>
<td>Vegetable Medley</td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td></td>
<td>WG Roll</td>
<td>Fruit</td>
<td>Green Peas</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>WG Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Low/No Fat Milk</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

---

**HAPPY COLUMBUS DAY**

---

**NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18, 2019**

<table>
<thead>
<tr>
<th>Monday, Oct 14</th>
<th>Tuesday, Oct 15</th>
<th>Wednesday, Oct 16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Choice</strong></td>
<td><strong>Superintendent Choice</strong></td>
<td><strong>TEACHER/STAFF CHOICE</strong></td>
</tr>
<tr>
<td>BBQ Chicken</td>
<td>Cheesy Mashed Potatoes</td>
<td>Turnip Greens</td>
</tr>
<tr>
<td>Cheesy Mashed Potatoes</td>
<td></td>
<td>Cornbread</td>
</tr>
<tr>
<td>Turnip Greens</td>
<td></td>
<td>Fruit</td>
</tr>
<tr>
<td>Cornbread</td>
<td></td>
<td>Peach Cobbler</td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td>Low/No Fat Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday, January 17</th>
<th>Friday, January 18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRINCIPAL CHOICE</strong> (Early Release)</td>
<td><strong>HOMECOMING</strong></td>
</tr>
</tbody>
</table>

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

"Life has more imagination than we carry in our dreams." - Christopher Columbus

**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.

---

**Monday, Oct 21**
Pepperoni Pizza
Corn
Vegetable Medley
Fruit
Low/No Fat Milk

---

**Tuesday, Oct 22**
Chicken Tetrazzini
Sliced Carrots
Steamed Broccoli
Fruit
Low/No Fat Milk

---

**Wednesday, Oct 23**
Brunch- 4- Lunch
Mini Maple
Pancakes (284831)
Sausage
Tater Tots
Salsa
Fruit
Low/No Fat Milk

---

**Thursday, Oct 24**
Salisbury Steak
Mashed Potatoes
w/Gravy
Green Beans
Fruit
Low/No Fat Milk

---

**Friday, Oct 25**
Pulled Pork
Potato Smiles
Baked Beans
WG Roll
Fruit
Low/No Fat Milk

---

**Monday, Oct 28**
Beef Nachos
w/ Cheese & Salsa
Potato Smiles
Carrots w/ Ranch
Fruit
Low/No Fat Milk

---

**Tuesday, Oct 29**
Lasagna
w/ Meat Sauce
Corn on Cob
Vegetable Medley
Fruit
Low/No Fat Milk

---

**Wednesday, Oct 30**
Ham
Greens
Yams
Frozen Swirl Fruit
Cup
Cornbread
Low/No Fat Milk

---

**Thursday, Oct 31**
Country Fried Steak
Mashed Potatoes
w/Gravy
Yellow Squash
WG Roll
Fruit
Low/No Fat Milk

---

**Health Benefits of Pumpkin**
- Good Zinc Source
- Regulates Blood Sugar
- Boosts Vision
- Anti-Oxidant
- Healthy Heart
- Better Immunity
- Sleep Better
- Lower Blood Pressure

**Vitamins**
- Vitamin A: 246%
- Vitamin C: 19%
- Fiber: 11%
- Potassium: 16%
- Copper: 14%