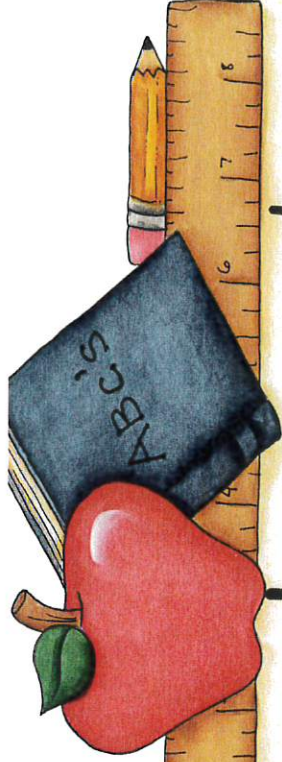


2019

Madison County
Schools
MCHS
Lunch Menu

An equal
opportunity
provider &
employer.



September

Menus are
subject to
change.

Tuesday, Sept 3

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

Wednesday, Sept 4

Chicken Tetrazzini
Sliced Carrots
Butter Beans
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Thursday, Sept 5

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

Friday, Sept 6

Chicken Quesadilla
Sweet Potato Tots
Steamed Broccoli
Fruit
Fruit Juice
Low/No Fat Milk



9/11/2001 ♦ We Remember

Monday, Sept 9

Chicken Nachos
w/Cheese &
Salsa
Corn
Steamed Broccoli
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, Sept 10

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

Wednesday, Sept 11

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

Thursday, Sept 12

BBQ Chicken
Mashed Potatoes
Green Beans
Fruit
WG Roll
Fruit Juice
Low/No Fat Milk

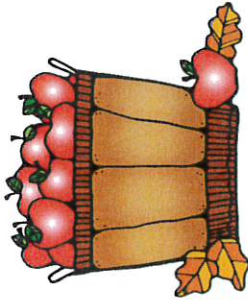
Friday, Sept 13

Crispy Chicken
Nuggets
Potato Smiles
Broccoli w/Ranch
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk



HOWDY,

FALL!



Monday, Sept 16

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

Tuesday, Sept 17

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

Wednesday, Sept 18

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

Thursday, Sept 19

PBJ Uncrustable
Steamed Broccoli
Carrots w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

EARLY RELEASE

Friday, Sept 20

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

Monday, Sept 23

Corndog
Sweet Potato Tots
Broccoli w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, Sept 24

Beefy Beef-a-Roni
Green Peas
Vegetable Medley
Frozen Swirl Fruit
Cup
Fruit Juice
WG Roll
Low/No Fat Milk

Wednesday, Sept 25

Chicken & Rice
Garden Peas
Sliced Carrots
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Thursday, Sept 26

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

Friday, Sept 27

Pulled Pork
Tater Tots
Baked Beans
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk

Monday, Sept 30

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

Monday, Sept 30

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



If you see something, say something®

NATIONAL AWARENESS DAY | SEPT 25

Fruits and vegetables

contain important vitamins, minerals and plant chemicals. They also contain fiber. ... A diet high in fruit and vegetables can help protect you against cancer, diabetes and heart disease. Eat five kinds of vegetables and two kinds of fruit every day.



Monday, Sept 23

Corndog
Sweet Potato Tots
Broccoli w/Ranch
Fruit
Fruit Juice
Low/No Fat Milk

Tuesday, Sept 24

Beefy Beef-a-Roni
Green Peas
Vegetable Medley
Frozen Swirl Fruit
Cup
Fruit Juice
WG Roll
Low/No Fat Milk

Wednesday, Sept 25

Chicken & Rice
Garden Peas
Sliced Carrots
Fruit
Fruit Juice
WG Roll
Low/No Fat Milk

Thursday, Sept 26

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

Friday, Sept 27

Pulled Pork
Tater Tots
Baked Beans
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk

Monday, Sept 30

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

"I don't think I'll ever grow old and say, 'What was I thinking eating all those fruits and vegetables?'"
-Nancy S. Mure

"Anyone who does anything to help a child is a hero to me."
— Fred Rogers

