Madison County Schools
MCHS
Lunch Menu

An equal opportunity provider & employer.

2019

September

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

Have a Safe and Happy Labor Day!

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!**

<table>
<thead>
<tr>
<th>Monday, Sept 16</th>
<th>Tuesday, Sept 17</th>
<th>Wednesday, Sept 18</th>
<th>Thursday, Sept 19</th>
<th>Friday, Sept 20</th>
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</thead>
<tbody>
<tr>
<td>Pepperoni Pizza</td>
<td>Salisbury Steak</td>
<td>Brunch- 4- Lunch</td>
<td>PBJ Uncrustable</td>
<td>Beef Nachos</td>
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<tr>
<td>Corn</td>
<td>Mashed Potatoes w/Gravy</td>
<td>Mini Maple Pancakes</td>
<td>Steamed Broccoli</td>
<td>w/ Cheese &amp; Salsa</td>
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<tr>
<td>Vegetable Medley</td>
<td>Butter Beans</td>
<td>Sausage</td>
<td>Carrots w/Ranch</td>
<td>Corn</td>
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<tr>
<td>Fruit</td>
<td>Fruit Juice</td>
<td>Tater Tots</td>
<td>Fruit</td>
<td>Refried Beans</td>
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<tr>
<td>Fruit Juice</td>
<td>WG Roll</td>
<td>Salsa</td>
<td>Juice</td>
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<tr>
<td>Low/No Fat Milk</td>
<td>Low/No Fat Milk</td>
<td>Fruit Juice</td>
<td>Low/No Fat Milk</td>
<td>Juice</td>
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**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.

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

**If you see something, say something**

**NATIONAL AWARENESS DAY | SEPT 25**

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<tbody>
<tr>
<td>Corndog</td>
<td>Beefy Beef-a-Roni</td>
<td>Country Fried Steak</td>
<td>Pulled Pork</td>
<td>Pepperoni Pizza</td>
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<tr>
<td>Sweet Potato Tots</td>
<td>Green Peas</td>
<td>Mashed Potatoes w/Gravy</td>
<td>Tater Tots</td>
<td>Corn</td>
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<tr>
<td>Broccoli w/Ranch</td>
<td>Vegetable Medley</td>
<td>Yellow Squash</td>
<td>Baked Beans</td>
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<tr>
<td>Fruit</td>
<td>Frozen Swirl Fruit Cup</td>
<td>WG Roll</td>
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<tr>
<td>Fruit Juice</td>
<td>Chicken &amp; Rice</td>
<td>Fruit Juice</td>
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<tr>
<td>Low/No Fat Milk</td>
<td>Garden Peas</td>
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<td>Sliced Carrots</td>
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“I don’t think I’ll ever grow old and say, “What was I thinking eating all those fruits and vegetables?””
—Nancy S. Mure