



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

An equal opportunity provider & employer.

Menus are subject to change.

Monday, Oct 2

Chicken Nachos
w/Mozzarella
Cheese
Salsa
Corn
Fruit
Low/No Fat Milk

Tuesday, Oct 3

Spaghetti w/ Meat
Sauce
Butter Beans
Steamed Broccoli
WG Roll
Fruit
Low/No Fat Milk

Wednesday, Oct 4

Brunch 4 Lunch
Mini Pancakes
Sausage
Tater Smiles
Salsa
Fruit
Low/No Fat Milk

Thursday, Oct 5

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

Friday, Oct 6

PBJ Uncrustable
Tater Tots
Baby Carrots w/
Ranch
Fruit
Low/No Fat Milk

Monday, Oct 9

Tuesday, Oct 10

Wednesday, Oct 11

Thursday, Oct 12

Friday, Oct 13

NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13, 2023

**Manager's
Choice**

Columbus Day

**Superintendent's
Choice**

BBQ Chicken
Cheesy Mashed
Potatoes
Vegetable Medley
WG Roll
Fruit
Fruit Juice
Low/No Fat Milk
Peach Cobbler

**Staff/Teacher
Choice**

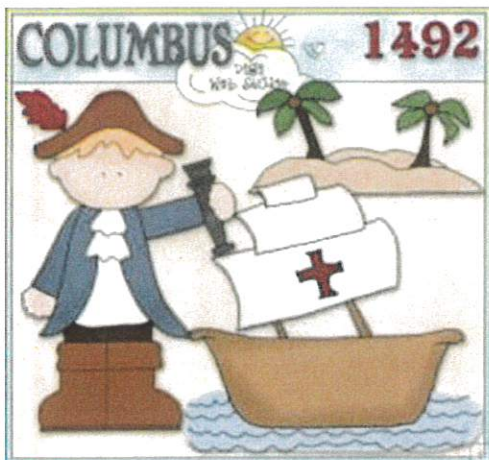
**Student's
Choice**

**Principal's
Choice**



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 16

Beef Nachos w/
Mozzarella Cheese
Salsa
Corn
Fruit
Low/No Fat Milk

Tuesday, Oct 17

Pulled Pork
Sandwich
Sweet Potato Tots
Baked Beans
Fruit
Low/No Fat Milk

Wednesday, Oct 18

Ham
Mac & Cheese
Greens
Cornbread
Fruit
Low/No Fat Milk

Thursday, Oct 19

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


Friday, Oct 20

HOMECOMING
*MCHS
VS.
Oakleaf*



Monday, Oct 23

Pepperoni Pizza
Corn
Baby Carrots
 w/Ranch
Fruit
Low/No Fat Milk



Tuesday, Oct 24

Brunch- 4- Lunch
Mini Pancakes
Sausage
Tater Smiles
Salsa
Fruit
Low/No Fat Milk

Wednesday, Oct 25

PBJ Sandwich
Vegetable Beef Soup
Steamed Broccoli
Fruit
Low/No Fat Milk

Thursday, Oct 26

Chicken Tetrizzini
Sliced Carrots
Green Beans
WG Roll
Fruit
Low/No Fat Milk

Friday, Oct 27

Hamburger on Bun
Fries
Baked Beans
Fruit
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 30


Corndog
Sweet Potato Tots
Vegetable Medley
Fruit
Low/No Fat Milk

Tuesday, Oct 31

Beef-a-Roni
Garden Peas
Sliced Carrots
WG Roll
Fruit
Low/No Fat Milk



10 HEALTH BENEFITS OF PUMPKIN



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

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



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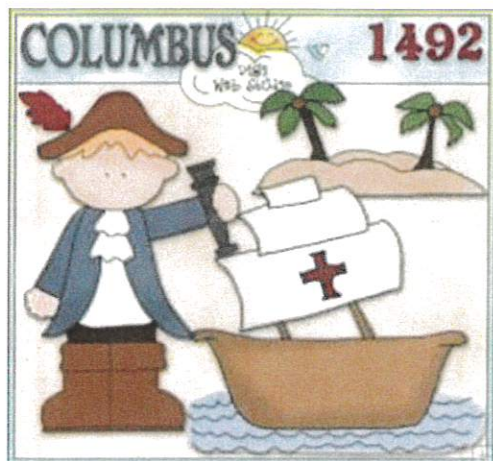
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