



2019

# JANUARY

**Madison County High School Lunch Menu**  
An equal opportunity provider & employer.

Monday, January 7

Pizza Roll  
Corn  
Carrot Sticks w/  
Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

Tuesday, January 8

Salisbury Steak  
Mashed Potatoes  
w/ Gravy  
Vegetable Medley  
Fruit  
WG Roll  
Fruit Juice  
Low/No Fat Milk

Wednesday, January 9

Sloppy Joe on a  
Bun  
Sweet Potato Tots  
Broccoli w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

Thursday, January 10

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

Friday, January 11

Fish Sandwich  
Baked Beans  
Cole Slaw  
Frozen Fruit Cup  
Fruit Juice  
Low/No Fat Milk

Monday, January 14

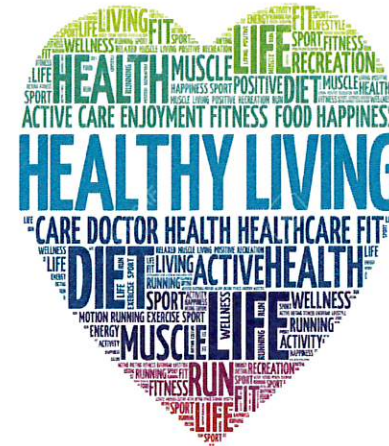
Chili w/ Cheese &  
Crackers  
Corn  
Baby Carrots w/  
Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

Tuesday, January 15

Chicken & Rice  
Greens  
Sliced Carrots  
Fruit  
Cornbread  
Fruit Juice  
Low/No Fat Milk

Wednesday, January 16

Pizza  
Corn  
Carrots & Broccoli  
w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk



Menus are subject  
to change.

**HAVE A  
GREAT  
YEAR!**



**“LOVE THE LIFE  
YOU HAVE WHILE  
YOU CREATE  
THE LIFE OF YOUR  
DREAMS.”**

~HAL ELROD

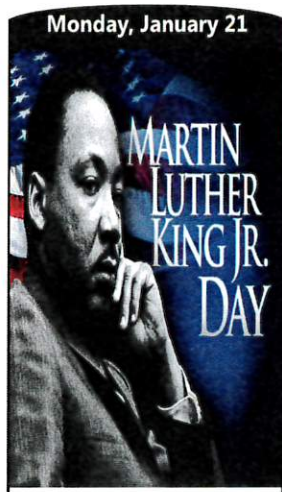
Thursday, January 17

Lasagna  
Green Beans  
Vegetable Medley  
Fruit  
WG Roll  
Fruit Juice  
Low/No Fat Milk

Friday, January 18

Hamburger  
Tater Tots  
Baked Beans  
Fruit  
Fruit Juice  
Low/No Fat Milk





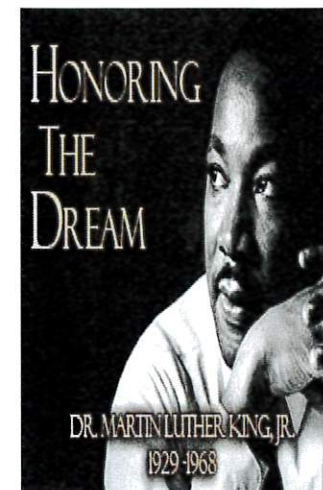
Tuesday, January 22

Pizza Roll  
Corn  
Broccoli w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

Wednesday, January 23

**Brunch 4 Lunch**

French Toast Swirl  
Sausage  
Tater Tots  
Salsa  
Fruit  
Fruit Juice  
Low/No Fat Milk



Mistakes are  
**PROOF**  
that you are  
**TRYING**

Thursday, January 24

BBQ Chicken  
Mashed Potatoes  
w/ Gravy  
Vegetable Medley  
Fruit  
WG Roll  
Fruit Juice  
Low/No Fat Milk

Friday, January 25

Hot Dog  
Sweet Potatoes Tots  
Baked Beans  
Fruit  
Fruit Juice  
Low/No Fat Milk

Monday, January 28

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

Tuesday, January 29

Corn Dog  
Oven Fries  
Broccoli w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

**Early Release**

Wednesday, January 30

Ham  
Garden Peas  
Cheesy Potatoes  
Carrots & Ranch  
WG Roll  
Fruit  
Fruit Juice  
Low/No Fat Milk

Thursday, January 31

Cheeseburger  
Sweet Potato Tots  
Baked Beans  
Fruit  
Fruit Juice  
Low/No Fat Milk





# January

**Monday, January 7**

**Tuesday, January 8**

**Wednesday, January 9**

**Thursday, January 10**

Friday, January 11

**Monday, January 14**

**Tuesday, January 15**

**Wednesday, January 16**

**HAVE A  
GREAT  
YEAR!**

### Healthy Food

### *No Stress*

## Healthy Heart

### Exercising

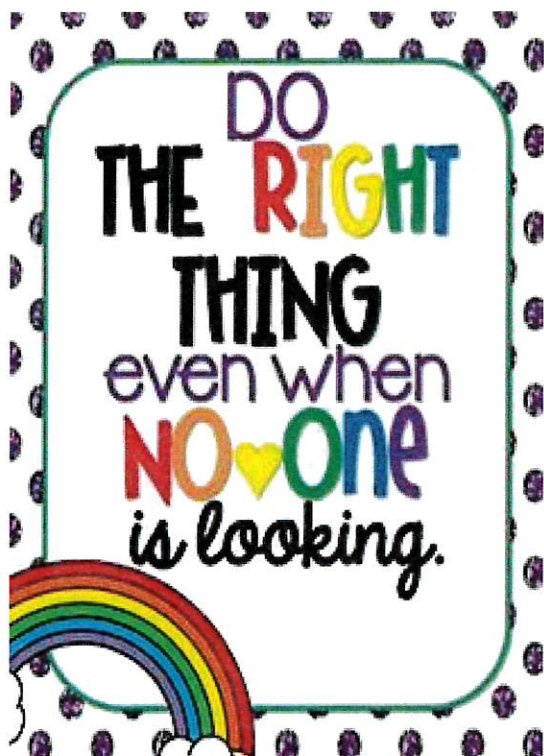
*Cardiology  
Care*

Thursday, January 17


**Friday, January 18**

Hamburger  
Tater Tots  
Baked Beans  
Fruit  
Low/No Fat Milk





**Monday, January 21**

I HAVE A DREAM  
  
 DAY

**Tuesday, January 22**

Pizza Roll  
 Corn  
 Broccoli w/ Ranch  
 Fruit  
 Low/No Fat Milk

*Tell me and I forget. Show me and I remember. Involve me and I understand.*

- Chinese proverb

WWW.VERYBESTQUOTES.COM



**Wednesday, January 23**

Brunch 4 Lunch

French Toast Swirl  
 Sausage  
 Tater Tots  
 Salsa  
 Fruit  
 Low/No Fat Milk

**Thursday, January 24**

BBQ Chicken  
 Mashed Potatoes  
 w/ Gravy  
 Vegetable Medley  
 Fruit  
 WG Roll  
 Low/No Fat Milk

**Friday, January 25**

Hot Dog  
 Sweet Potato Tots  
 Baked Beans  
 Fruit  
 Low/No Fat Milk

**Monday, January 28**

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

**Tuesday, January 29**

Corn Dog  
 Oven Fries  
 Broccoli w/ Ranch  
 Fruit  
 Low/No Fat Milk

**Early Release**

**Wednesday, January 30**

Ham  
 Garden Peas  
 Cheesy Potatoes  
 WG Roll  
 Fruit  
 Low/No Fat Milk

**Thursday, January 31**

Chicken Tetrazzini  
 Greens  
 Yams  
 Cornbread  
 Fruit  
 Low/No Fat Milk

