

#### **Madison County PK-8 Schools Lunch Menu** An equal opportunity provider & employer.

## Monday, Oct 7

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

## Tuesday, Oct 8

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

## 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

Pulled Pork

## Wednesday, Oct 9

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

## Thursday, Oct 10

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

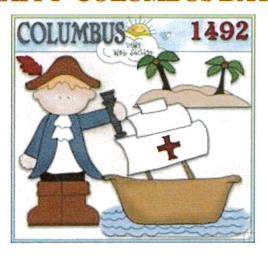
## Friday, Oct 11

Chicken Quesadilla Oven Fries Steamed Broccoli Fruit Low/No Fat Milk



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 14

Tuesday, Oct 15

Wednesday, Oct 16

Thursday, January 17

Friday, January 18

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

#### **Student Choice**

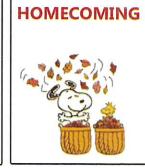
## Superintendent Choice

**BBQ** Chicken **Cheesy Mashed Potatoes Turnip Greens** Cornbread Fruit Peach Cobbler Low/No Fat Milk

## TEACHER/STAFF CHOICE

# PRINCIPAL CHOICE

(Early Release)



#### Monday, Oct 21

Pepperoni Pizza Corn Vegetable Medley Fruit Low/No Fat Milk



#### Tuesday, Oct 22

Chicken Tetrazzini Sliced Carrots Steamed Broccoli Fruit WG Roll 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
WG Roll
Low/No Fat Milk

#### Friday, Oct 25

Pulled Pork Potato Smiles Baked Beans WG Roll Fruit Low/No Fat Milk



"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 28 Tuesday, Oct 29

Beef Nachos
w/ Cheese & Salsa
Potato Smiles
Carrots w/ Ranch
Fruit
Low/No Fat Milk

Lasagna
w/Meat Sauce
Corn on Cob
Vegetable Medley
Fruit
WG Roll
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

