

2019

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

Friday, March 1

Toasted Ham &  
Cheese Sandwich  
Vegetable Soup  
Broccoli w/ Ranch  
Fruit  
Low/No Fat Milk

Monday, March 4

Crunchy Nachos  
w/ Chicken,  
Cheese, & Salsa  
Red Beans  
Corn  
Fruit  
Low/No Fat Milk

Tuesday, March 5

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

Wednesday, March 6

Ham  
Black-Eyed Peas  
Cheesy Potatoes  
Fruit  
WG Roll  
Low/No Fat Milk

Thursday, March 7

BBQ Pork Sandwich  
Baked Beans  
Broccoli w/ Ranch  
Fruit  
Low/No Fat Milk

Thursday, March 8

**No School/  
Furlough  
Day**

Monday, March 11

Tuesday, March 12

Wednesday, March 13

Thursday, March 14

Friday, March 15



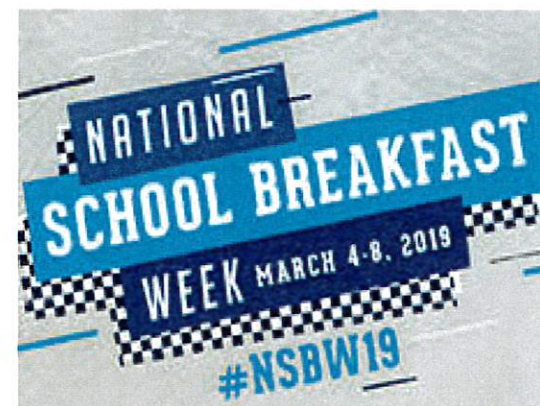
I'm not  
telling you  
it's going  
to be  
**easy,**

I'm  
telling you  
it's going  
to be

**WORTH IT.**

*Menus are subject to change.*

**HAVE A  
SPLENDID  
SCHOLASTIC  
YEAR!**





Monday, March 18

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

Tuesday, March 19

Chicken Tetrizzini  
Garden Peas  
Vegetable Medley  
WG Roll  
Fruit  
Low/No Fat Milk

Wednesday, March 20

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

Thursday, March 21

Beefy Beef-a-Roni  
Green Beans  
Sliced Carrots  
Frozen Fruit Cup  
WG Roll  
Low/No Fat Milk

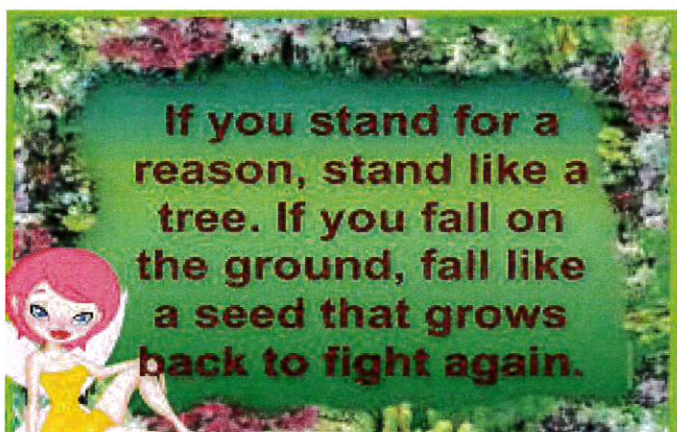
Friday, March 22

Crispy Chicken  
Nuggets  
Tater Puffs  
Broccoli w/ Ranch  
Fruit  
WG Roll  
Low/No Fat Milk

STRIVE FOR  
progress,  
NOT  
perfection.

A TEACHABLE TEACHER

UNKNOWN



Monday, March 25

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

Tuesday, March 26

Chicken & Rice  
Greens  
Vegetable Medley  
Cornbread  
Fruit  
Low/No Fat Milk



Wednesday, March 27

All American Hot  
Dog  
Sweet Potato Tots  
Broccoli w Ranch  
Fruit  
Low/No Fat Milk

Thursday, March 28

BBQ Chicken  
Mashed Potatoes  
Sliced Carrots  
Fruit  
WG Roll  
Low/No Fat Milk

Friday, March 29

Cowboy  
Cheeseburger  
Tater Tots  
Baked Beans  
Fruit  
Low/No Fat Milk

Kid's Healthy Eating Plate



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School of Public Health



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# MARCH

## Madison County High School Lunch Menu

An equal opportunity provider & employer.

Friday, March 1

Toasted Ham &  
Cheese Sandwich  
Vegetable Soup  
Broccoli w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

*Menus are  
subject  
to change.*

Monday, March 4

Crunchy Nachos w/  
Chicken, Cheese, &  
Salsa  
Red Beans  
Corn  
Fruit  
Fruit Juice  
Low/No Fat Milk

Tuesday, March 5

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

Wednesday, March 6

Ham  
Black-Eyed Peas  
Cheesy Potatoes  
Carrots w/ Ranch  
WG Roll  
Fruit  
Fruit Juice  
Low/No Fat Milk

Thursday, March 7

BBQ Pork Sandwich  
Baked Beans  
Broccoli w/ Ranch  
Fruit  
Fruit Juice  
Low/No Fat Milk

Thursday, March 8

**No School/  
Furlough  
Day**

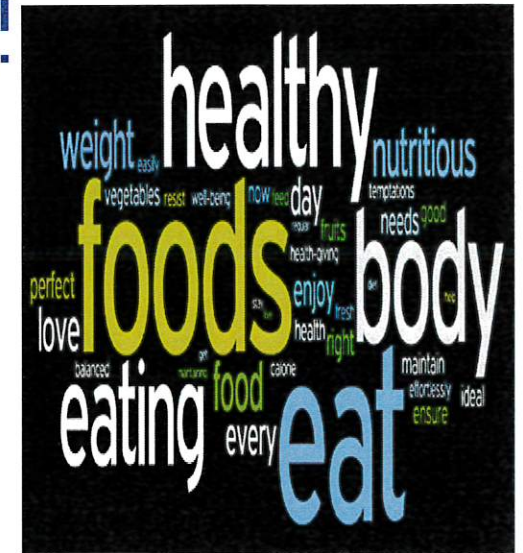
Monday, March 12

Tuesday, March 13

Wednesday, March 14

Thursday, March 15

Friday, March 16



**HAVE A  
SPLENDID  
SCHOLASTIC  
YEAR!**





Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Pepperoni Pizza Corn Carrot Sticks w/ Ranch Fruit Fruit Juice Low/No Fat Milk	Chicken Tetrazzini Garden Peas Vegetable Medley WG Roll Fruit Fruit Juice Low/No Fat Milk	Corn Dog Sweet Potato Tots Baked Beans Fruit Fruit Juice Low/No Fat Milk	Beefy Beef-a-Roni Green Beans Sliced Carrots WG Roll Frozen Fruit Cup Fruit Juice Low/No Fat Milk	Crispy Chicken Nuggets Tater Puffs Broccoli w/ Ranch WG Roll Fruit Fruit Juice Low/No Fat Milk

**ACCEPT RESPONSIBILITY**  
for your actions.

**BE ACCOUNTABLE**  
for your results.

**TAKE OWNERSHIP**  
of your mistakes.

Build *your* **tray**  
THE healthy way!

**START WITH A:**

- **Vegetable**
- or
- **Fruit**  
*Better yet, choose both!*
- **Choose whole grains**
- **Pick a meat/meat alternate**
- **Add a serving of milk**

take at least **3** food groups!  
*1 must be a fruit or veggie*

What's on your tray today?

Monday, March 25	Tuesday, March 26
Crunchy Nachos w/ Beef, Cheese, & Salsa Red Beans Corn Fruit Fruit Juice Low/No Fat Milk	Chicken & Rice Greens Vegetable Medley Cornbread Fruit Fruit Juice Low/No Fat Milk

Wednesday, March 27	Thursday, March 28	Friday, March 29
All American Hot Dog Sweet Potato Tots Broccoli w Ranch Fruit Fruit Juice Low/No Fat Milk	BBQ Chicken Mashed Potatoes Sliced Carrots WG Roll Fruit Fruit Juice Low/No Fat Milk	Cowboy Cheeseburger Tater Tots Baked Beans Fruit Fruit Juice Low/No Fat Milk

believe  
you can  
and  
you're halfway  
there.