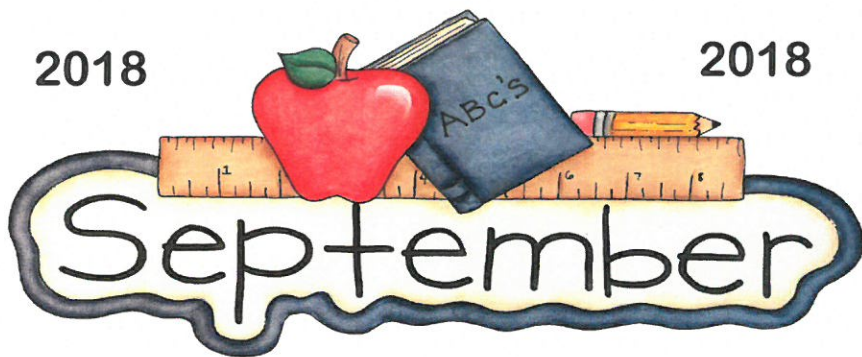


2018

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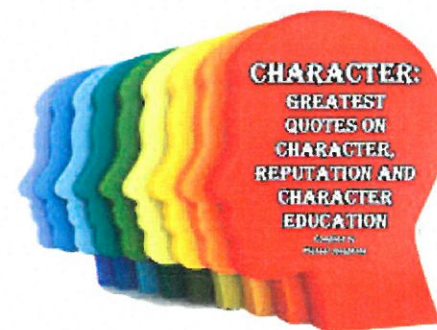
**Madison County High School Lunch Menu**  
**An equal opportunity provider & employer.**

Monday, September 3

**No School**

Tuesday, September 4

Pepperoni Pizza  
 Corn  
 Vegetable Medley  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk



Wednesday, September 5

Brunch—4—Lunch

French Toast Sticks  
 Sausage  
 Tater Tots  
 Salsa  
 Carrot Pack w/  
 Ranch  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

Thursday, September 6

Lasagna w/ Meat  
 Sauce  
 Corn on the Cob  
 Romaine Salad w/  
 Ranch  
 WG Roll  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

Friday, September 7

Chicken Sandwich  
 Sweet Potato Tots  
 Baby Carrots w/  
 Ranch  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

Monday, September 10

Corndog  
 Oven Fires  
 Carrot Sticks w/  
 Ranch  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

Tuesday, September 11

Salisbury Steak  
 Mashed Potatoes &  
 Gravy  
 Green Beans  
 WG Roll  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

RESPECT YOUR BODY.

FUEL YOUR BODY.

CHALLENGE YOUR BODY.

MOVE YOUR BODY.

AND MOST OF ALL,

*love your body.*

Wednesday, September 12

BBQ Rib Sandwich  
 Sweet Potato Tots  
 Broccoli w/ Ranch  
 Carrot Pack w/  
 Ranch  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

Thursday, September 13

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

Friday, September 14

Fish Sandwich  
 Tater Tots  
 Baked Beans  
 Frozen Swirl Fruit  
 Cup  
 Fruit Juice  
 Low/No Fat Milk

Monday, September 17

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

Tuesday, September 18

Sloppy Joe on a  
 Bun  
 Oven Fries  
 Broccoli w/ Ranch  
 Fruit  
 Fruit Juice  
 Low/No Fat Milk

*Menus are subject  
 to change.*

**HAVE A  
 SUPER  
 GREAT  
 YEAR!**

Wednesday, September 19

BBQ Chicken  
 Mashed Potatoes  
 Butter Beans  
 Carrot Pack w/  
 Ranch  
 Frozen Swirl Fruit  
 Cup  
 WG Roll  
 Fruit Juice  
 Low/No Fat Milk

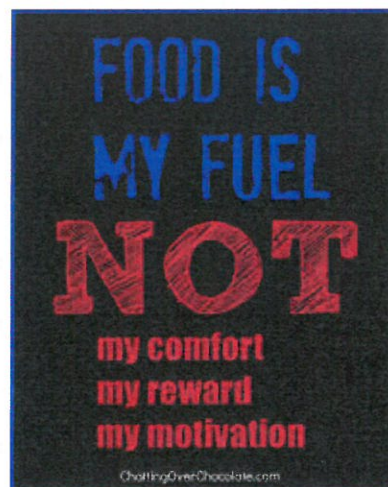


Thursday, September 20

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

Friday, September 21

Hot Dog  
Oven Fries  
Coleslaw  
Fruit  
Fruit Juice  
Low/No Fat Milk



Monday, September 24

Chicken Nachos  
w/ cheese & Salsa  
Red Beans  
Corn  
Fruit  
Fruit Juice  
Low/No Fat Milk

Tuesday, September 25

Beef-a-Roni  
Green Peas  
Vegetable Medley  
WG Roll  
Fruit  
Fruit Juice  
Low/No Fat Milk

your body  
hears everything  
your mind says  
—  
stay positive

Wednesday, September 26

Brunch -4 -Lunch

French Toast Sticks  
Sausage  
Tater Tots  
Carrot Pack w/  
Ranch  
Salsa  
Fruit  
Fruit Juice  
Low/No Fat Milk

Thursday, September 27

Spaghetti w/ Meat  
Sauce  
Corn on the Cob  
Romaine Salad w/  
Ranch  
WG Roll  
Fruit  
Fruit Juice  
Low/No Fat Milk

Friday, September 28

Hamburger w/  
Lettuce & Tomato  
Oven Fries  
Baked Beans  
Fruit  
Fruit Juice  
Low/No Fat Milk

**“THE FOOD YOU  
EAT  
CAN BE EITHER  
THE SAFEST  
AND  
MOST  
POWERFUL  
FORM OF  
MEDICINE  
OR  
THE SLOWEST  
FORM OF  
POISON.”**

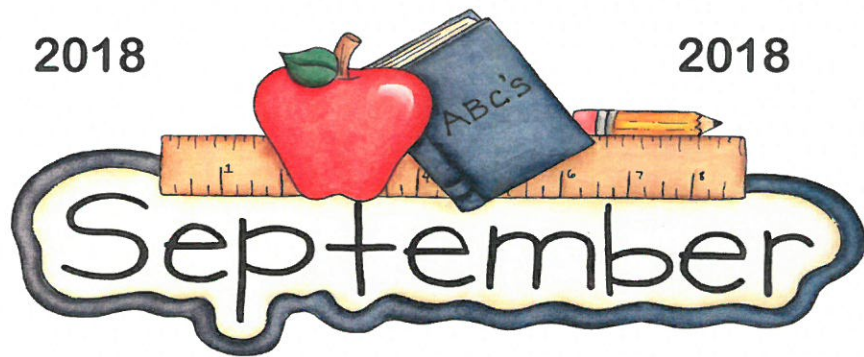
**ANN WIGMORE**





2018

2018



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

Monday, September 3

**No School**

Tuesday, September 4

Pepperoni Pizza  
 Corn  
 Vegetable Medley  
 Fruit  
 Low/No Fat Milk

When you enter  
 this classroom...

You are *scientists*.You are *explorers*.★ You are *important*.You are *loved*.You are *respected*.You are *a friend*.You are *the reason* we are *here!* ★

Wednesday, September 5

Brunch-4-Lunch

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

Thursday, September 6

Lasagna w/Meat  
 Sauce  
 Corn on Cob  
 Romaine Salad w/  
 Ranch  
 Fruit  
 WG Roll  
 Low/No Fat Milk

Friday, September 7

Chicken Sandwich  
 Sweet Potato Tots  
 Baby Carrots w/  
 Ranch  
 Fruit  
 Low/No Fat Milk

Monday, September 10

Corndog  
 Oven Fries  
 Carrots Sticks w/  
 Ranch  
 Fruit  
 Low/No Fat Milk

Tuesday, September 11

Salisbury Steak  
 Rice w/ Gravy  
 Green Beans  
 Fruit  
 WG Roll  
 Low/No Fat Milk

Wednesday, September 12

BBQ Rib Sandwich  
 Sweet Potato Tots  
 Broccoli w/ Ranch  
 Fruit  
 Low/No Fat Milk



Thursday, September 13

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

Friday, September 14

Fish Sandwich  
 Tater Tots  
 Baked Beans  
 Frozen Swirl Cup  
 Low/No Fat Milk

Monday, September 17

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

*Menus are subject  
 to change.*

**HAVE A  
 SUPER  
 GREAT  
 YEAR!**

Tuesday, September 18

Sloppy Joe on a  
 Bun  
 Oven Fries  
 Broccoli w/ Ranch  
 Fruit  
 Low/No Fat Milk



Wednesday September 19

BBQ Chicken  
Mashed Potatoes  
Butter Beans  
WG Roll  
Frozen Swirl Fruit  
Cup  
Low/No Fat Milk

Thursday, September 20

Chicken Tetrizzini  
Sliced Carrots  
Greens  
Cornbread  
Fruit  
Low/No Fat Milk

I AM TOO *positive*  
TO BE DOUBTFUL,  
TOO *optimistic*  
TO BE FEARFUL, AND  
TOO *determined*  
TO BE DEFEATED.

Friday, September 21

Hot Dog  
Oven Fries  
Coleslaw  
Fruit  
Low/No Fat Milk

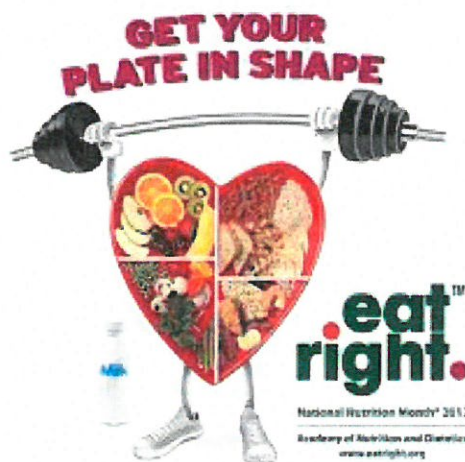
Monday, September 24

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

**"You are capable  
of amazing  
things."**

- Unknown

[www.palatehour.com](http://www.palatehour.com)



You are off to  
great places!  
Today is your day!  
Your mountain is waiting,  
so..  
Get on your way! Dr. Seuss

**A person's a person,  
no matter how small.**

-- Dr. Seuss

Tuesday, September 25

Beef-a-Roni  
Green Peas  
Vegetable Medley  
Fruit  
WG Roll  
Low/No Fat Milk

Wednesday, September 26

Brunch- 4- Lunch

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

Thursday, September 27

Spaghetti w/ Meat  
Sauce  
Corn on the Cob  
Romaine Salad w/  
Ranch  
WG Roll  
Fruit  
Low/No Fat Milk

Friday, September 28

Hamburger w/  
Lettuce & Tomato  
Oven Fries  
Baked Beans  
Fruit  
Low/No Fat Milk