


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

**An equal opportunity
provider & employer.**

*Menus are subject
to change.*



Carrots are high in Beta Carotene which helps in healthy vision. They also help your heart and immune system be healthy. Carrots are also a great source of fiber and Vitamin C.

A cup of broccoli has more Vitamin C than an orange.



The Vitamin A in broccoli helps fight cancer and keeps eyes healthy.



2021

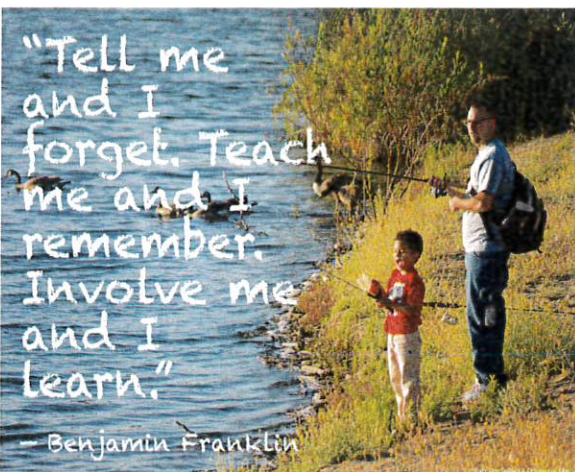


Tuesday, JAN 5	Wednesday, JAN 6	Thursday, JAN 7	Friday, JAN 8
Pizza Corn Steamed Broccoli Fruit Low/No Fat Milk	Crispy Chicken Nuggets Mashed Potatoes w/Gravy Sliced Carrots Fruit Low/No Fat Milk	Spaghetti w/Meat Sauce Vegetable Medley Green Beans Fruit WG Roll Low/No Fat Milk	Hamburger Sweet Potato Tots Baked Beans Fruit Low/No Fat Milk



Monday, JAN 11	Tuesday, JAN 12	Wednesday, JAN 13	Thursday, JAN 14	Friday, JAN 15
Chicken Nachos w/Mozz.Cheese & Salsa Corn Baby Lima Beans Fruit Low/No Fat Milk	Ham Greens Yams Cornbread Fruit Low/No Fat Milk	All American Hot Dog Potato Smiles Baked Beans Fruit Low/No Fat Milk	BBQ Chicken Mashed Potatoes Green Beans Fruit WG Roll Low/No Fat Milk	Chili Oven Fries Baby Carrots w/Ranch Corn Bread Fruit Low/No Fat Milk





Monday, JAN 18

MLK JR DAY

NO SCHOOL

Tuesday, JAN 19

Pizza
Corn
Steamed Broccoli
Fruit
Low/No Fat Milk



Wednesday, JAN 20

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

Thursday, JAN 21

Beef Shepherd's Pie
Green Beans
Fruit
WG Roll
Low/No Fat Milk

Friday, JAN 22

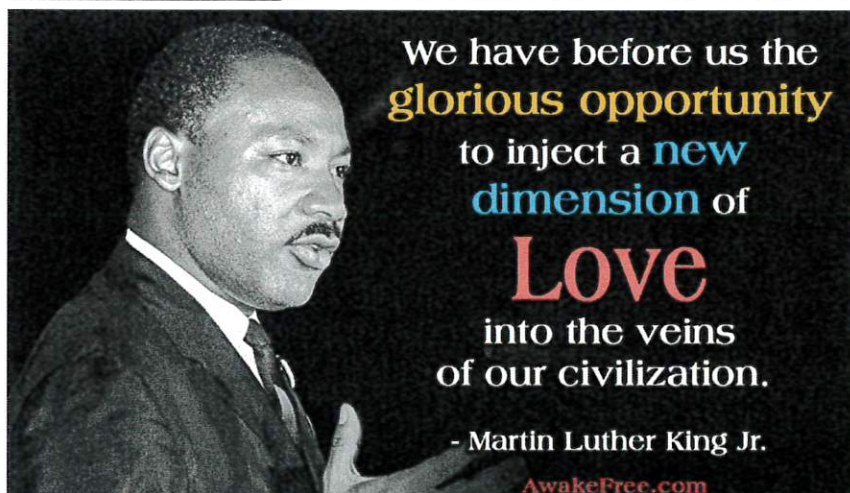
Pulled Pork Sandwich
Sweet Potato Tots
Baked Beans
Fruit
Low/No Fat Milk
Baby Carrots w/Ranch



Kid's Healthy Eating Plate



© 2015, Harvard T.H. Chan School of Public Health



Broccoli can be steamed, boiled, or roasted but to get the maximum nutrition value, the best way to enjoy it is raw.



This versatile veggie can be prepared in soups, salads or even a pesto.

Monday, JAN 25

Beef Nachos w/Mozz.Cheese & Salsa
Corn
Baby Lima Beans
Fruit
Low/No Fat Milk

Tuesday, JAN 26

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

Wednesday, JAN 27

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

Thursday, JAN 28

Hamburger
Oven Fries
Baked Beans
Fruit
Low/No Fat Milk

Friday, JAN 29

Corndog
Sweet Potato Tots
Steamed Broccoli
Fruit
Low/No Fat Milk