

MARCH 2010

LUNCH MENU FOR MADISON COUNTY SCHOOLS

(MENU SUBJECT TO CHANGE IF CONDITIONS WARRANT)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Sandwich Lettuce & Condiments Potato Pattie Fruit Cup Low Fat Milk	2 Baked Lasagne Corn Fruit Salad Garlic Roll Low Fat Milk	3 <u>Brunch -4-Lunch</u> Sausage Patties Grits Cheese Toast Apple Slices Orange Juice Low Fat Milk/ <i>Early Release</i>	4 Turkey Tetrazinni Green Beans Mandarin Oranges Yeast Roll Low Fat Milk	5 Potato and Corn Chowder Ham & Cheese Sandwich Broccoli & Baby Carrots w/Ranch Blueberry Square Low Fat Milk
8 Pepperoni Pizza Vegetable Medley Apple Slices Low Fat Milk	9 Fish Fillet Cheese Grits Cole Slaw Fruit Cup Corn Bread Low Fat Milk	10 Rib-B-Que on a Bun Baked Potato Wedge Mandarin Oranges Low Fat Milk	11 Macaroni & Cheese w/Ham Green Beans Fruit Salad Yeast Roll Low Fat Milk	12 Corndog Oven Fries Mandarin Oranges Blueberry Crisp Low Fat Milk
15 Hamburger on a Bun Lettuce & Condiments Potato Tots Fruit Cup Low Fat Milk	16 Spicy Chicken & Rice Garden Peas Sliced Peaches Yeast Roll Low Fat Milk	17 Baked Spaghetti w/Meat Sauce Corn Fruit Salad Garlic Roll Low Fat Milk	18 Pork Roast Mashed Potatoes w/Gravy Green Beans Yeast Roll Low Fat Milk	19 Ham & Vegetable Soup Toasted Cheese Sandwich Apple Slices Low Fat Milk
22 Pepperoni Pizza Corn Fruit Salad Low Fat Milk	23 Macaroni & Cheese w/ Ham Vegetable Medley Pears Yeast Roll Low Fat Milk	24 Chicken Tenders Rice Pilaf Green Beans Sliced Peaches Yeast Roll Low Fat Milk	25 Pulled Pork Sandwich w/ Bar-B-Que Sauce Baked Beans Apple Slices Low Fat Milk	26 Hot Dog Oven Fries Cole Slaw or Fruit Low Fat Milk
29 Chicken Sandwich Lettuce & Condiments Potato Tots Fruit Cup Low Fat Milk	30 Lasagne w/ Meat Sauce Corn Green Beans Garlic Roll Low Fat Milk	31 Pork & Rice Greens Fruit Salad Corn Bread Low Fat Milk	<p><u>MAKE SURE YOUR STUDENTS HAVE THE BEST "FCAT FUEL"</u> Good Nutrition begins with Breakfast. A 1989 Tufts University study found that children who eat school breakfast perform better on standardized tests. Other studies in children have shown that consumption of a nutritious breakfast results in Improved attention in late morning task performance, quicker and more accurate retrieval of information (i.e. working memory), fewer errors made in problem solving activities and better concentration and ability to perform complex tasks.</p>	

