

Menus for August 2023

Henry County Middle Schools



This institution is an equal opportunity provider.
Menus are subject to change.

Introducing: Our New School Meal Payment System, Click LINQ Below or visit: linqconnect.com

LINQ Connect
ONLINE PORTAL

Featured Specials of the Day

Wednesday, August 2

Sausage Biscuit, Assorted Cereal

1.Crispitos 2.PBJ/Wow Sandwich w/ Chips, Black Beans, Potato Tots, Sliced Peaches

Thursday, August 3

Breakfast Bun, Frosted Breakfast Pastry,

1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips, Glazed Carrots Steamed Broccoli, Frozen Juice Cup

Friday, August 4

Chicken Biscuit, Assorted Cereal,

1.Stuffed Crust Pizza, 2.Corn Dog, Whole Kernel Corn, California Blend, 100% Fruit Juice

Featured Specials of the Day

Monday, August 7

Blueberry Pancake Stick, Assorted Cereal,
1.Chicken Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, August 8

Mini Bagels w/ Cream Cheese, Breakfast Frudel

1.Cheeseburger, 2.Deli Turkey Sandwich, 3. Garden Salad w/ Chicken, Seasoned Fries, Garden Salad w/ Ranch, Fresh Peach

Wednesday, August 9

Sausage Biscuit, Assorted Cereal,

1.Chicken Nuggets w/ Roll, 2.PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, August 10

Mini Pancake Wraps, Frosted Breakfast Pastry,

1.Chicken w/ Mac & Cheese, 2.PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Beans Frozen Juice Cup

Friday, August 11

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Hot Dog Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

Available Daily

Breakfast (in blue):

Assorted Cereal
Fresh Apples & Oranges
100% Fruit Juice
Choice of Low Fat Milk

Lunch:

Fresh Apples & Oranges
Stuffed Crust Pizza
Chicken Wrap
Choice of Low Fat Milk

*Pork products listed in pink.



School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.25	\$2.50
Students Grades 6-12	\$1.25	\$2.60
Student Reduced- Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.25	\$3.50
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.25	\$3.50

APPLY ONLINE NOW FOR FREE OR REDUCED PRICE SCHOOL MEALS!

School Meals Rock!

FOR INSTRUCTIONS VISIT:

SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049

Featured Specials of the Day

Monday, August 14

Strawberry Mini Pancakes, Assorted Cereal,

- 1.Max Snax Tacos w/ Salsa, 2.PBJ/Wow Sandwich w/ Chips, Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, August 15

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,

- 1.Chicken Sandwich, 2.Deli Turkey Sandwich, 3.Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Sliced Pears

Wednesday, August 16

Sausage Biscuit, Assorted Cereal,

- 1.Popcorn Chicken w/ Roll, 2.PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, August 17

Blueberry Pancake Stick, Breakfast Bun

- 1.Spaghetti w/ Garlic Toast, 2.PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, August 18

Chicken Biscuit, Assorted Cereal,

- 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Juice

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, August 21

Blueberry Mini Pancakes, Assorted Cereal,

- 1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, August 22

WG Muffin w/ Yogurt, Breakfast Frudel

- 1.Chicken Alfredo w/ Roll 2.Deli Turkey w/ Chips
3.Garden Salad w/ Chicken, Garden Salad w/ Ranch, Grape Tomatoes w/ Ranch, Mandarin Oranges

Wednesday, August 23

Sausage Biscuit, Frosted Breakfast Pastry,

- 1.Chicken Nuggets w/ Roll, 2.PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, August 24

Manager's Choice, Assorted Cereal,

- 1.Beefy Nachos, 2.PBJ/Wow Sandwich w/ Chips, Black Beans, Salsa, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, August 25

Chicken Biscuit, Assorted Cereal,

- 1.Stuffed Crust Pizza, 2 PBJ/Wow Sandwich w/ Chips, 3. Chicken Sandwich, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

Featured Specials of the Day

Monday, August 28

- Strawberry Mini Pancakes, Assorted Cereal,
1.Crispitos 2.PBJ/Wow Sandwich w/ Chips, Black Beans, Carrot Sticks w/ Ranch, Sliced Pears

Tuesday, August 29

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,

- 1.Cheeseburger, 2.Deli Turkey Sandwich, Garden Salad w/ Chicken, Seasoned Fries, Carrot Sticks w/ Ranch, Pineapple Tidbits

Wednesday, August 30

Sausage Biscuit, Assorted Cereal,

- 1.Popcorn Chicken w/ Roll, 2.PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Peach

Thursday, August 31

Mini Pancake Wraps, Frosted Breakfast Pastry,

- 1.Chicken & Waffles 2.PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks w/ Ranch, Frozen Juice Cup

Friday, September 1

- Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Hot Dog Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

LOCAL HARVEST OF THE MONTH

FRUIT Peaches



Juicy summer peaches are sweet enough to eat for dessert, but they're low in calories and fat. Plus peaches are high in vitamin C, fiber, vitamin A, niacin, potassium, and "phytochemicals," which promote healthy skin.

OF THE MONTH

DON'T GET!
Take at least **ONE**
FRUIT or
VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!

See "Available Daily" Options on Page 1