

Menus for September 2023



Henry County Elementary
Schools

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

Available Daily

Breakfast (in blue):

Assorted Cereal

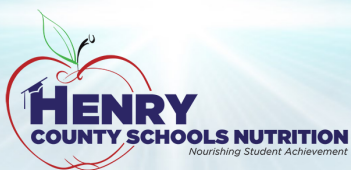
100% Fruit Juice

Choice of Low Fat Milk

Lunch:

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

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

LINQ Connect
ONLINE PORTAL

Featured Specials of the Day

Monday, No School

★ **LABOR DAY** ★

Tuesday, September 5

WG Muffin w/ Yogurt, Breakfast Frudel

1.Chicken Sandwich, 2.Mini Corn Dogs,
Carrot Sticks w/ Ranch,
Baked Beans, Watermelon Chunks

Wednesday, September 6

Sausage Biscuit, Assorted Cereal,

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

Thursday, September 7

Breakfast Pizza, Breakfast Bun

1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Green Peas
Frozen Juice Cup

Friday, September 8

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%Fruit Juice

OFFER vs SERVE

The Five Meal Components for School Lunch

Choose at least 3 including:

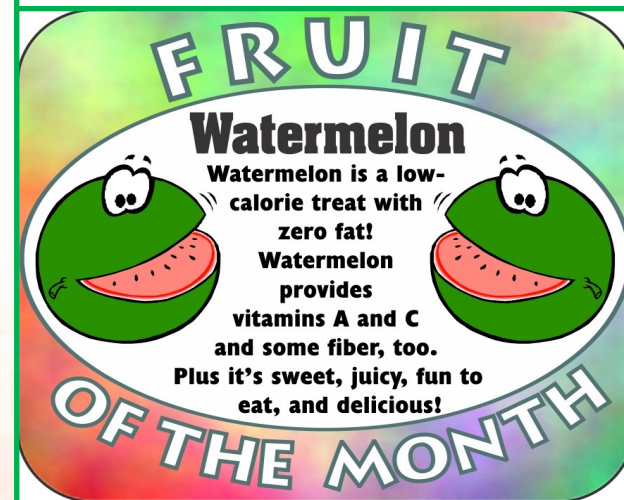


• ½ Cup of **Fruits**
or **Vegetables**

• At Least 2 **Other**
Food Groups

For best nutrition, **CHOOSE ALL 5**

LOCAL HARVEST OF THE MONTH



APPLY ONLINE NOW
FOR FREE OR REDUCED PRICE
SCHOOL MEALS!



FOR INSTRUCTIONS VISIT:

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



Remembering our
Heroes on
September 11,
and showing
our support
for them
all year
round.



Featured Specials of the Day

Monday, September 11

Blueberry Mini Pancakes, Assorted Cereal,

1. Crisпитos 2. PBJ/Wow Sandwich w/ Chips,
Black Beans, Carrot Sticks w/ Ranch, Sliced Pears

Tuesday, September 12

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

1. Cheeseburger, 2. Deli Turkey Sandwich, Garden
Salad w/ Chicken, Seasoned Fries, Garden Salad w/ Ranch,
Sliced Peaches

Wednesday, September 13

Sausage Biscuit, Assorted Cereal,

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

Thursday, September 14

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, September 15

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

Fall Break

No School

September 18-
September 22, 2023

Classes Resume:
Monday, Sept. 25

eatfit

wanna stay fit?
gotta eat right!

item: sunshine

verdict: bake, don't burn

tip: Did you know you
can get "nutrition" from
the sun? Your skin creates
vitamin D when exposed
to sunlight. Just 5 to 30
minutes of (non-burning)
sun exposure between
10 AM and 3 PM twice a
week will do the trick,
and it's totally fat and calorie free!



Featured Specials of the Day

Monday, September 25

Strawberry Mini Pancakes, Breakfast Bun

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

Tuesday, September 26

WG Muffin w/ Yogurt, Breakfast Frudel

1. Chicken Sandwich, 2. Deli Turkey Sandwich,
3. Garden Salad w/ Chicken, Potato Tots,
Garden Salad w/ Ranch,
Mandarin Oranges

Wednesday, September 27

Sausage Biscuit, Assorted Cereal,

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

Thursday, September 28

Blueberry Pancake Stick, Frosted Breakfast Pastry,

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

Friday, September 29

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% Fruit Juice

See "Available Daily" Options
on Page 1