



MENUS FOR HAPPY NEW YEAR! JANUARY 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.



HENRY COUNTY SCHOOLS NUTRITION
Nourishing Student Achievement

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

Featured Specials of the Day

Monday, January 9
Blueberry Mini Pancakes, Assorted Cereal,
1. BBQ Sandwich, 2. Mini Corn Dogs
Carrot Sticks w/ Ranch
Baked Beans, Pineapple Tidbits

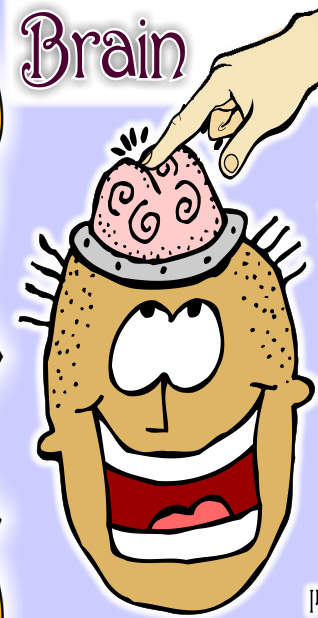
Tuesday, January 10
WG Muffin w/ Yogurt, Frosted Breakfast Pastry
1. Cheeseburger, 2. Deli Turkey Sandwich,
3. Garden Salad w/ Chicken, Seasoned Fries,
Carrot Sticks w/ Ranch, Sliced Peaches

Wednesday, January 11
Sausage Biscuit, Assorted Cereal,
1. Chicken Nuggets w/ Roll, 2. PBJ/Wow
Sandwich w/ Chips, Steamed Broccoli,
Mashed Potatoes, Fresh Apple

Thursday, January 12
Breakfast Pizza, Mini Bagels w/ Cream Cheese,
1. Beef Nachos w/ Salsa, 2. PBJ/Wow Sandwich
w/ Chips, Carrot Sticks w/ Ranch, Black Beans,
Frozen Juice Cup

Friday, January 13
Chicken Biscuit, Assorted Cereal,
1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich
w/ Chips, Whole Kernel Corn, Garden Salad
w/ Ranch, 100% Fruit Juice

Brain Ticklers



Why did the man bring two pairs of pants to the golf course?

(Hold the page upside down and read it in a mirror for the answer!)

in case its got a hole in our

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

Happy
New Year

Welcome Back!
We hope you enjoyed your break!

YEAR OF THE RABBIT



The Chinese New Year begins with the new moon on January 22. 2023 is the year of the Rabbit.

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Featured Specials of the Day

Monday, January 16

School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 17

WG Muffin w/ Yogurt, Breakfast Bun,

- 1.Chicken Sandwich, 2.Deli Turkey Sandwich,
- 3.Garden Salad w/ Chicken, Potato Tots, Baked Beans, Apple Sauce Cup

Wednesday, January 18

Sausage Biscuit, Assorted Cereal,,

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

Thursday, January 19

Blueberry Pancake Stick, Breakfast Frudel

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

Friday, January 20

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

FRUIT

Pears

Most of the vitamin C and fiber in pears is in the skin – so make sure you eat the outside! Pears get juicier and sweeter the longer they ripen. When pears get slightly soft, put them in the fridge and they'll last a lot longer.

OF THE MONTH

MY SCHOOL BUCKS

The Simple Way to Pay FOR STUDENT MEALS

[Myschoolbucks.com](https://myschoolbucks.com)

- ✓ Check balances
- ✓ View purchases
- ✓ Pay with a credit card

[VIEW WEBSITE](https://myschoolbucks.com)



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, January 23

- Strawberry Mini Pancakes, Assorted Cereal, 1.Max Snax Tacos, 2.Crispitos, Salsa, Black Beans, Cucumber Salad, Pineapple Tidbits

Tuesday, January 24

- WG Muffin w/ Yogurt, Frosted Breakfast Pastry, 1.Cheeseburger, 2.Deli Turkey Sandwich, 3.Garden Salad w/ Chicken, Seasoned Fries, Carrot Sticks w/ Ranch, Sliced Peaches

Wednesday, January 25

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

Thursday, January 26

- Breakfast Pizza, Mini Bagels w/ Cream Cheese, 1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Peas, Frozen Juice Cup

Friday, January 27

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

Monday, January 30

- Blueberry Mini Pancakes, Assorted Cereal, 1.BBQ Sandwich, 2.Hot Dog, Cole Slaw, Baked Beans, Pineapple Tidbits

Tuesday, January 31

- WG Muffin w/ Yogurt, Breakfast Bun, 1.Chicken Sandwich, 2.Corn Dog, 3.Garden Salad w/ Chicken, Potato Tots, Carrot Sticks w/ Ranch, Mandarin Oranges