

MENUS FOR JANUARY 2023

**Henry County
Middle Schools**

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

AVAILABLE DAILY

Breakfast (in blue): Assorted Cereal, Assorted Pastries, Fresh Apples & Oranges, 100% Fruit Juice, Choice of Low Fat Milk

Lunch: Pizza, Chicken Wrap Tray, Fresh Apples & Oranges, 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

Featured Specials of the Day

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

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

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

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

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

DON'T 4GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

Henry County Secondary Schools

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, Chicken Sandwich, Deli Turkey Sandwich, Garden Salad w/ Chicken, Potato Tots, Baked Beans, Apple Sauce Cup

Wednesday, January 18

Sausage Biscuit, Assorted Cereal,, Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Scalloped Potatoes, Fresh Pear

Thursday, January 19

Blueberry Pancake Stick, Breakfast Frudel Chicken Strips w/ Mac & Cheese, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, January 20

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza, 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

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

The Simple Way to Pay FOR STUDENT MEALS

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

[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, Max Snax Tacos, Crisпитos, Salsa, Black Beans, Cucumber Salad, Pineapple Tidbits

Tuesday, January 24

WG Muffin w/ Yogurt, Frosted Breakfast Pastry, Cheeseburger, Deli Turkey Sandwich, Garden Salad w/ Chicken, Seasoned Fries, Garden Salad w/ Ranch, Sliced Peaches

Wednesday, January 25

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

Thursday, January 26

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

Friday, January 27

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

Monday, January 30

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

Tuesday, January 31

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