2023 Henry County Middle Schools This institution is an equal opportunity provider.

MENUS FOR

JANUARY

Menus are subject to change.

AVAILABLE DAILY

Breakfast (in blue): Lunch:

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

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

*Pork products listed in pink.

COUNTY SCHOOLS NUTRITION

School Meal Prices	School	School
	Breakfast	Lunch
Students Grades K-5	\$1.25	\$2.50
Students Grades 6-12	\$1.25	\$2.60
Student Reduced-	\$0.30	\$0.40
Priced Meals		
Student Second	\$2.25	\$3.50
Meals		
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 Juesday, 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 Jhursday, 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

To make a lunch, choose at least one Fruit/Juice OF Veggie Veggie

Henry County Secondary Schools

THEME

Fruit/Juice

Vegetables

<section-header>





Featured Specials of the Day

Monday, January 16

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

Juesday, 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

Jhursday, 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 OF THE MOL

MY SCHOOL BUCKS

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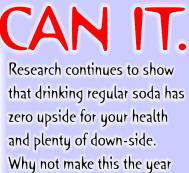


The Simple Way to Pay FOR STUDENT MEALS

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Myschoolbucks.com



that drinking regular soda has Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, January 23 Strawberry Mini Pancakes, Assorted Cereal, Max Snax Tacos, Crispitos, Salsa, Black Beans, Cucumber Salad, **Pineapple Tidbits**

Juesday, 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

Jhursday, 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

Juesday, January 31

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