**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

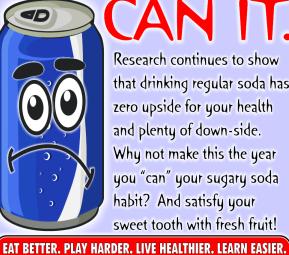
#### MY SCHOOL BUCKS

Check balances View purchases Pay with a credit card

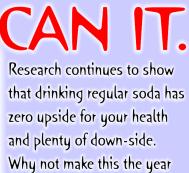


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Myschoolbucks.com



# 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