

MENUS FOR OCTOBER 2024

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 LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024



AHOY



Featured Specials of the Day

Tuesday, October 1

Blueberry Breakfast Stick, WG Muffin w/ Yogurt

1. Lemon Pepper Chicken Wings w/ Roll
2. PBJ/Wow Sandwich w/ Chips
3. Stuffed Crust Pizza, Whole Kernel Corn, Celery Sticks w/ Ranch, 100% Fruit Juice

Wednesday, October 2

Sausage Biscuit, Breakfast Frudel

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

Thursday, October 3

Apple Cinnamon Toast, WG Muffin w/ Yogurt,

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

Friday, October 4

Chicken Biscuit, Frosted Breakfast Pastry

1. Stuffed Crust Pizza
2. PBJ/Wow Sandwich w/ Chips
3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

Featured Specials of the Day

Monday, October 7

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, October 8

Breakfast Bun, WG Muffin w/ Yogurt,

1. Stuffed Crust Pizza
2. PBJ/Wow Sandwich w/ Chips
3. Garden Salad w/ Chicken, Whole Kernel Corn, Garden Salad w/ Ranch, Sliced Pears

Wednesday, October 9

Sausage Biscuit, Mini Bagel w/ Cream Cheese

1. Chicken Nuggets w/ Roll
2. PBJ/Wow Sandwich w/ Chips
3. Grilled Cheese Sandwich, (ES) Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, October 10

Breakfast Pizza, WG Muffin w/ Yogurt,

1. Spaghetti w/ Garlic Toast
2. Deli Turkey Sandwich w/ Chips (ES)
3. PBJ/Wow Sandwich w/ Chips Carrot Sticks w/ Ranch Green Beans, Frozen Juice Cup

Friday, October 11-Half Day

Chicken Biscuit, Frosted Breakfast Pastry

1. Corn Dog Sack Lunch
2. PBJ/Wow Sandwich Sack Lunch Carrot Sticks w/ Ranch, 100% Fruit Juice

DON'T 4 GET!

Take at least ONE

FRUIT or VEGGIE

and at least THREE

items total so your meal counts as a complete lunch!

2024-2025: School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.40	\$2.65
Students Grades 6-12	\$1.40	\$2.75
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.50	\$4.00
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.50	\$4.00



NATIONAL SCHOOL LUNCH WEEK

Monday, October 14

Sausage Biscuit, Chicken Biscuit,

- 1. Orange Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips,
- 3. Crisпитos, Salsa, Green Peas Carrot Sticks w/ Ranch, Fresh Pear, **Chocolate Chip Cookie**

Tuesday, October 15

WG Muffin w/ Yogurt, Breakfast Bun

- 1. Cheeseburger, 2. Deli Turkey Sandwich,
- 3. Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Sliced Peaches

Wednesday, October 16

Sausage Biscuit, Breakfast Frudel

- 1. Chicken Strips w/ Roll & BBQ Sauce 2. PBJ/Wow Sandwich w/ Chips Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, October 17

WG Muffin w/ Yogurt, Breakfast Pizza

- 1. Beefy Nachos w/ Salsa 2. PBJ/Wow Sandwich w/ Chips, Pinto Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, October 18

Chicken Biscuit, Frosted Breakfast Pastry

- 1. Lemon Pepper Chicken Wings w/ Roll, 2. Stuffed Crust Pizza, Whole Kernel Corn, Celery Sticks w/ Ranch, 100% Fruit Juice

Monday, October 21

Sausage Biscuit, Chicken Biscuit,

- 1. Crisпитos 2. PBJ/Wow Sandwich w/ Chips,
- 3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Applesauce

Tuesday, October 22

Strawberry Mini Pancakes, WG Muffin w/ Yogurt

- 1. Spicy Chicken Sandwich, 2. Deli Turkey Sandwich
- 3. Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Banana

Wednesday, October 23

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

Thursday, October 24

Mini Pancake Wraps, WG Muffin w/ Yogurt

- 1. Chicken & Waffles 2. PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks w/ Ranch, Frozen Juice Cup

Friday, October 25

Chicken Biscuit, Frosted Breakfast Pastry

- 1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips,
- 3. Hot Dog, Local Corn on Cob, Garden Salad w/ Ranch, 100% Fruit Juice

Monday, October 28

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, October 29

Mini Cinnis Cinnamon Bagel, WG Muffin w/ Yogurt

- 1. Cheeseburger, 2. Deli Turkey Sandwich,
- 3. Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Sliced Pears

Wednesday, October 30

Sausage Biscuit, Breakfast Frudel

- 1. Chicken Alfredo w/ Roll, 2. PBJ/Wow Sandwich w/ Chips 3. Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, October 31 (BE SAFE!)

Breakfast Bun, WG Muffin w/ Yogurt

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

Friday, November 1

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, **BIRTHDAY CELEBRATION RICE KRISPIE TREAT**

LOCAL HARVEST OF THE MONTH

VEGETABLE
Corn on the Cob
 We think of corn on the cob as a summer thing, but in many areas it's available field-fresh through October. Boiled, steamed, or roasted on the grill, corn is a low-calorie, nutrient-rich food that's good for you AND fun to eat!
OF THE MONTH

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

STAY ALERT & BE SAFE!