

# **Available Daily**

#### **Breakfast:**

Cereal, Grab 'N Go, Muffin & Yogurt, Fresh Apples & Oranges, 100% Fruit Juice: Apple & Orange, Choice of Milk

#### Lunch:

Garden Salad with Chicken Strips\* Deli & Peanut Butter or WowButter & Jelly Sandwiches,\* Grilled Chicken Wrap Tray,\* Chicken Sandwich, Pizza, Garden Salad, Fresh Apples & Oranges, Choice of Milk

Henry County

School Nutrition

\*Salads & Wrap Trays are available Tuesday - Friday; PB&J sandwiches not served at all schools. Pork products listed in **pink**.



**Henry County Secondary Schools** 

Get in touch with us today to learn more about free and reduced-price meals in our district: schoolwires.henry.k12.ga.us/Page/110494

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



#### Thursday, August 1

Mini Maple Pancakes, Cheeseburger, Corn Dog, Seasoned Fries, Steamed Broccoli, Sliced Peaches

> Friday, August 2 Chicken Biscuit, Pizza,

Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, California Blend, Orange Wedges

#### Monday, August 5

French Toast w/ Chicken Sausage Bites, Yogurt Parfaits, Popcorn Chicken w/ Cornbread, Mini Slider Pups on Bun, Scalloped Potatoes, Baked Beans, Banana

#### Tuesday, August 6

Breakfast Pizza, Spaghetti w/ Garlic Toast, Mini Corn Dogs, Garden Salad w/Turkey & Cheese, Steamed Broccoli, Carrot Sticks w/ Ranch, Sliced Peaches

#### Wednesday, August 7

Pancakes & Sausage, Yogurt Parfaits, Fiestada Pizza, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken & Cranberries, Green Beans, Sweet Potato Fries, Mixed Fruit

#### Thursday, August 8

Mini Pancake Wraps, Chicken & Waffles, BBQ Sandwich, Garden Salad w/Turkey & Cheese, Potato Tots, Celery Sticks w/ Ranch, Frozen Juice Cup

#### Friday, August 9

Chicken Biscuit, Yogurt Parfaits, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, Broccoli & Carrots, Orange Wedges



## The Simple Way to Pay FOR STUDENT MEALS

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Henry County School Nutrition Secondary Menu Page I



Monday, August 12 Sausage Biscuit, Yogurt Parfaits, Chicken Nuggets w/ Roll, Mashed Potatoes, Pinto Beans, Pineapple Tidbits Tuesday, August 13

Breakfast Pizza, Beefy Nachos, Corn Dog, Garden Salad w/Turkey & Cheese, Carrot Sticks w/ Ranch, Black Beans, Lettuce, Tomatoes, & Salsa, Sliced Pears

#### Wednesday, August 14

Mini Maple Pancakes, Yogurt Parfaits, Teriyaki Chicken & Rice, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken, & Cranberries, Steamed Broccoli, Glazed Carrots, Mixed Fruit

> Thursday, August 15 Mini Pancake Wraps, Chicken Noodle Soup w/ Toasted Cheese Sandwich, Hot Dog, Garden Salad w/Turkey & Cheese, Sweet Potato Fries, Cole Slaw, Frozen Juice Cup Friday, August 16 Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll,

Whole Kernel Corn, Broccoli & Carrots, **Orange Wedges** 

#### LOCAL HARVEST OF THE MONTH

# Peaches

Juicy summer peaches are sweet enough to eat for dessert, but they're low in calories and fat. Plus peaches are high in vitamin C, fiber, vitamin A, niacin, potassium, and "phytochemicals," which promote healthy skin. E

DON'T4-GE Take at least ONE FRU

and at least THREE items total so your meal counts as a complete lunch!

## Featured Specials of the Day

Monday, August 19 Mini Blueberry Pancakes, Yogurt Parfaits, Steak Nuggets w/ Gravy & Roll, Teriyaki Chicken Nuggets w/ Roll, Mashed Potatoes, Black Eye Peas, Banana

**Tuesday, August 20** Strawberry Smoothies, Blueberry Breakfast Stick, #BetterTogether Burger, MaxSnax Tacos w/ Salsa, Garden Salad w/Turkey & Cheese, Steamed Broccoli, Seasoned Fries, Sliced Peaches

#### Wednesday, August 21

Pancakes & Sausage, Yogurt Parfaits, Chicken Tettrazini w/ Garlic Toast, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken & Cranberries. Carrot Sticks w/ Ranch, Green Peas, Sliced Pears

Thursday, August 22 Breakfast Pizza, Toco Soup w/ Tortilla Chips, Hot Dog, Garden Salad w/ Turkey & Cheese, Sweet Potato Fries, Cole Slaw, Frozen Juice Cup

Friday, August 23 Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, Broccoli & Carrots, Orange Wedges



Monday, August 26

Chicken & Waffles, Yogurt Parfaits,

Popcorn Chicken w/ Cornbread, Mini Slider Pups on Bun, Scalloped Potatoes, **Baked Beans**, Pineapple Tidbits

#### Tuesday, August 27

Mini Pancake Wraps, Little Smokies w/ Mac & Cheese & Cornbread, Corn Dog, Garden Salad w/Grilled Chicken, & Cranberries, Steamed Cabbage, Glazed Carrots, Mixed Fruit

#### Wednesday, August 28

#### Mini Pancakes w/ Syrup, Yogurt Parfaits,

Cheeseburger, Fiestada Pizza, Garden Salad w/Grilled Chicken & Cranberries, Steamed Broccoli, Potato Tots, **GA Grown Peaches** 

#### Thursday, August 29

Mini Donut Holes, Chili, Chicken Nuggets, Garden Salad w/Turkey & Cheese, Baked Potato, CarrotSticks, Applesauce, Cinnamon Roll

Friday, August 30 Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, Broccoli & Carrots, Orange Wedges **BIRTHDAY CELEBRATIONS** 

**RICE KRISPIE TREAT** 



### Parents can....

Deposit funds in their student's account any time! View cafeteria purchases! Schedule recurring payments! Track meal account balances! Set up low-balance e-mail reminders!

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