



Menus for April 2021

**Henry County
Middle Schools
On Campus
Students**

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

Available Daily

Breakfast (in blue):

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

Lunch:

- Fresh Apples & Oranges
- Choice of Low Fat Milk

*Pork products listed in **pink**.



HCS School Meal Prices	Breakfast	Lunch
Student Second Meals	\$1.75	\$3.25
MILK ONLY	\$0.40	\$0.40
Henry County Schools Staff	\$1.75	\$3.00
Adult Visitor	\$1.75	\$3.25

Keep up the fight!

Another round of stimulus checks and other kinds of help are going out for American families and businesses, as we all try to fight through this pandemic and reach a brighter day. Free school meals are a big part of that effort. Whether your free meals are available at school, for curbside pick-up, or by some other means, we urge you, for the good of your family, our schools, and our community, to please take advantage of this stimulus, too!

School Meals

We serve education every day™

Featured Specials of the Day

Thursday, April 1

- Breakfast Pizza, Breakfast Bun,
- Ravioli w/ Roll, PBJ/Wow Sandwich w/ Chips,
- Carrot Sticks w/ Ranch, Celery Sticks w/ Ranch,
- Frozen Juice Cup

Friday, April 2

- Chicken Biscuit, Assorted Cereal,
- Stuffed Crust Pizza, Grilled Chicken Garden Salad,
- PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn,
- Garden Salad w/ Ranch,
- Red Pear



Watch the winter melt away!

**No School
April 5-9th**

Featured Specials of the Day

Monday, April 12

- Blueberry Mini Pancakes, Assorted Cereal,
- Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,
- Pinto Beans, Grape Tomatoes w/ Ranch, Fruit Cup

Tuesday, April 13

- Breakfast Pizza, Frosted Breakfast Pastry,
- Hot Dog, Deli Turkey Sandwich w/ Chips,
- Potato Tots, Celery Sticks w/ Ranch, Apple Slices

Wednesday, April 14

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

Thursday, April 15

- Mini Pancake Wraps, Manager's Choice,
- Chicken Nachos w/ Salsa, Deli Turkey Sandwich w/ Chips,
- Celery Sticks w/ Ranch, Carrot Sticks w/ Ranch,
- Apple Slices

Friday, April 16

- Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza,
- Grilled Chicken Garden Salad, PBJ/Wow Sandwich
- w/ Chips, Whole Kernel Corn, Garden Salad
- w/ Ranch, Orange Slices

Featured Specials of the Day

Monday, April 19

Strawberry Mini Pancakes, Assorted Cereal,
Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,
Black Beans, Grape Tomatoes w/ Ranch, Orange Slices

Tuesday, April 20

Mini Pancake Wraps, Frosted Breakfast Pastry,
Chicken Sandwich, Deli Turkey Sandwich w/ Chips,
Seasoned Fries, Celery Sticks w/ Ranch, Apple Slices

Wednesday, April 21

Sausage Biscuit, Assorted Cereal,
Spaghetti w/ Roll, PBJ/Wow Sandwich w/ Chips,
Steamed Broccoli, Carrot Sticks w/ Ranch, Tangerine

Thursday, April 22

Chicken Biscuit, Assorted Cereal, **Manager's Choice**,
Stuffed Crust Pizza, Grilled Chicken Garden Salad,
PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn,
Garden Salad w/ Ranch, Apple Slices

Friday, April 23

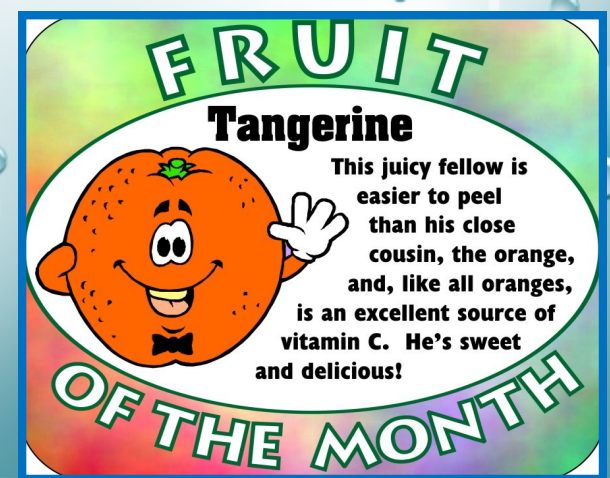
No School, Professional Learning Day

SPEED OF FLIGHT

Peregrine Falcon
Fastest Animal
on Earth!

Peregrine
Falcons
mainly hunt
other birds –
birds as small as a
hummingbird and as
big as a seagull! Their
favorite target in much of
their range is the pigeon.
Peregrines will climb way, way up in
the sky and then suddenly drop sharply into
an ultra-streamlined dive, or “stoop,” reaching
200 miles per hour or more before contact! Poor pigeons!

ANIMAL APPETITES



Featured Specials of the Day

Monday, April 26

Blueberry Mini Pancakes, Assorted Cereal,
Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,
Pinto Beans, Grape Tomatoes w/ Ranch, Orange Slices

Tuesday, April 27

Breakfast Pizza, Frosted Breakfast Pastry,
Cheeseburger, Corn Dog,
Potato Tots, Celery Sticks w/ Ranch, Apple Slices

Wednesday, April 28

Sausage Biscuit, Assorted Cereal,
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips,
Steamed Broccoli, Mashed Potatoes, Tangerine

Thursday, April 29

Mini Pancake Wraps, Breakfast Bun, Fiesta Chicken w/ Rice,
Deli Turkey Sandwich w/ Chips, Celery Sticks w/ Ranch,
Carrot Sticks w/ Ranch, Apple Slices

Friday, April 30

Chicken Biscuit, Assorted Cereal,
Stuffed Crust Pizza, Grilled Chicken Garden Salad,
PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn,
Garden Salad w/ Ranch, Red Pear

eat fit wanna stay fit?
gotta eat right!

item: walnuts **verdict:** get crackin'!

tip: What food is more fun than walnuts? The cracking, the breaking, the smashing -- YEAH! And while you're having all that fun, you're also eating a tasty and filling snack that, yes, requires a bit more effort than mindlessly stuffing yourself with chips, but that's the point. You slow down. You SAVOR!



Based on five whole walnuts.

