

# Menus for December 2020

**Henry County Middle Schools  
In-School 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 |

### Featured Specials of the Day

#### Monday, November 30

Blueberry Mini Pancakes, Breakfast Frudel,  
Crispitos w/ Salsa, Corn Dog,  
PBJ/Wow Sandwich w/ Chips,  
Pinto Beans, Sweet Potato Fries, Fresh Fruit

#### Tuesday, December 1

Sausage Biscuit, Frosted Breakfast Pastry,  
BBQ Sandwich, Hot Dog, Deli Turkey Sandwich  
w/ Chips, Carrot Sticks w/ Ranch,  
Celery Sticks w/ Ranch, Fresh Fruit

#### Wednesday, December 2

Breakfast Pizza, Breakfast Bun, Popcorn Chicken w/ Roll,  
Manager's Choice, PBJ/Wow Sandwich w/ Chips, Chicken Strip  
Garden Salad, Broccoli Florets, Mashed Potatoes, Fruit Cup

#### Thursday, December 3

Mini Pancake Wraps, Mini Bagels w/ Cream Cheese, Beefy  
Nachos w/ Salsa, Chicken Sandwich, Chicken Strip  
Garden Salad, Deli Turkey Sandwich w/ Chips, Grape  
Tomatoes w/ Ranch, Carrot Sticks w/ Ranch, Frozen Juice Cup

#### Friday, December 4

Chicken Biscuit, Assorted Cereal Stuffed Crust Pizza,  
Cheeseburger, Chicken Strip Garden Salad, PBJ/Wow  
Sandwich w/ Chips, Garden Salad w/ Ranch,  
Whole Kernel Corn, Fresh Fruit

## HOLIDAY ESSENTIALS.



We're all having to make adjustments this holiday season. But amidst all the change, let's not forget to thank the essential workers who face even more upheaval to help keep us all safe!

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

## Rest assured.

In case you missed the news, there's one less thing to worry about for the rest of this school year. Our complete meals will be no charge for all students through June 30, 2021.

**School Meals**  
*We serve education every day™*

**WE ARE HAPPY TO ANNOUNCE  
FREE SCHOOL MEALS  
FOR EVERY STUDENT, EVERY SCHOOL  
DAY!**

**Because USDA funding will expire,  
please apply online  
for Free or Reduced-Priced Meals  
[schoolwires.henry.k12.ga.us/Page/110494](https://schoolwires.henry.k12.ga.us/Page/110494)**

**Happy Holidays!**

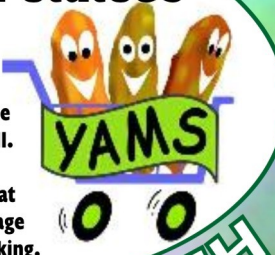
**From  
Henry County Schools**

HARVEST OF THE MONTH:

# VEGETABLE

## Sweet Potatoes

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious veggies of all. They have a natural, delightful sweetness that increases with storage and with cooking.



# OF THE MONTH



This holiday season, here's hoping we can all help keep each other safe and happy!

*Featured Specials of the Day*  
**Monday, December 7**  
Strawberry Mini Pancakes, Breakfast Bun, MaxSnax Tacos w/ Salsa, Chicken & Waffles, PBJ/Wow Sandwich w/ Chips, Chicken Strip Garden Salad, PotatoTots, Carrot Sticks w/ Ranch, Fresh Fruit

**Tuesday, December 8**  
Blueberry Pancake Stick, Frosted Breakfast Pastry, Fiesta Chicken & Rice, **Manager's Choice**, Deli Turkey Sandwich w/ Chips, Chicken Strip Garden Salad, Black Beans, Grape Tomatoes w/ Ranch, Fresh Fruit

**Wednesday, December 9**  
Sausage Biscuit, Mini Bagels w/ Cream Cheese, Chicken Nuggets w/ Roll, Hot Dog, PBJ/Wow Sandwich w/ Chips, Chicken Strip Garden Salad, Broccoli Florets, Mashed Potatoes, Red Pear

**Thursday, December 10**  
Breakfast Pizza, Breakfast Bun, Turkey & Dressing, **Manager's Choice**, Deli Turkey Sandwich w/ Chips, Green Beans, Sweet Potatoes, Cranberry Sauce, Frozen Juice Cup

**Friday, December 11**  
Chicken Biscuit, Assorted Cereal Stuffed Crust Pizza, Cheeseburger, PB&J/Wow Sandwich w/ Chips, Chicken Strip Garden Salad, Garden Salad w/ Ranch, Whole Kernel Corn, Fresh Fruit

*Featured Specials of the Day*  
**Monday, December 14**  
Blueberry Mini Pancakes, Breakfast Frudel, Crisritos w/ Salsa, Corn Dog, PBJ/Wow Sandwich w/ Chips, Pinto Beans, Sweet Potato Fries, Fresh Fruit

**Tuesday, December 15**  
Sausage Biscuit, Frosted Breakfast Pastry, Ravioli w/ Roll, Hot Dog, Deli Turkey Sandwich w/ Chips, Carrot Sticks w/ Ranch, Celery Sticks w/ Ranch, Fruit Cup

**Wednesday, December 16**  
Breakfast Pizza, Breakfast Bun, Popcorn Chicken w/ Roll, **Manager's Choice**, PBJ/Wow Sandwich w/ Chips, Broccoli Florets, Mashed Potatoes, Fresh Fruit

**Thursday, December 17**  
Mini Pancake Wraps, Mini Bagels w/ Cream Cheese, Spaghetti w/ Garlic Toast, Chicken Sandwich, Deli Turkey Sandwich w/ Chips, Celery Sticks w/ Ranch, Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, December 18-Early Release Day**  
Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza, Cheeseburger, Chicken Strip Garden Salad, PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Fresh Fruit

# Catch You in 2021!

Winter Holiday, NO SCHOOL

December 21-January 5

See you Wednesday, Jan. 6

