

# Menus for December 2022

Henry County High Schools

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

## Available Daily

### Breakfast (in blue):

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

### Lunch:

Pizza  
Chicken Wrap Tray  
Fresh Apples & Oranges  
Choice of Low Fat Milk

\*Pork products listed in pink.



School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.25	\$2.50
Students Grades 6-12	\$1.25	\$2.60
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.25	\$3.50
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.25	\$3.50

### Featured Specials of the Day

#### Thursday, December 1

Breakfast Pizza, Assorted Cereal,  
Taco Soup w/ Tortilla Chips, Corn Dog  
Sweet Potato Fries, Carrot Sticks w/ Ranch, Frozen Juice Cup

#### Friday, December 2

Chicken Biscuit, Assorted Cereal,  
Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

#### Monday, December 5

Strawberry Mini Pancakes, Cheese Grits w/ Toast,  
Assorted Cereal, BBQ Sandwich, Hot Dog, Coleslaw,  
Baked Beans, Pineapple Tidbits

#### Tuesday, December 6

WG Muffin w/ Yogurt, Breakfast Bun,  
Cheeseburger, Garden Salad w/ Chicken,  
Deli Turkey Sandwich, Seasoned Fries,  
Carrot Sticks w/ Ranch, Sliced Peaches

#### Wednesday, December 7

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

#### Thursday, December 8

Blueberry Pancake Stick, Frosted Breakfast Pastry,  
Spaghetti w/ Garlic Toast, PBJ/Wow Sandwich w/ Chips,  
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

#### Friday, December 9

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza,  
PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn,  
Garden Salad w/ Ranch, 100% Fruit Juice

## DON'T 4GET!

To make a lunch, choose at least one



Henry County Secondary Schools

## COLD ≠ COLD.

Cold weather doesn't cause colds – viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don't want to get sick, you should remember to wash your hands!



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

# Happy Holidays!

From  
Henry County Schools

# FRUIT

## Tangerine



This juicy fellow is easier to peel than his close cousin, the orange, and, like all oranges, is an excellent source of vitamin C. He's sweet and delicious!

# OF THE MONTH

HARVEST OF THE MONTH:

MY SCHOOL BUCKS

The Simple Way to Pay FOR STUDENT MEALS

MYSCHOOLBUCKS.COM

VIEW WEBSITE ►

- ✓ Check balances
- ✓ View purchases
- ✓ Pay with a credit card

### Featured Specials of the Day

**Monday, December 12**

Blueberry Mini Pancakes, Assorted Cereal, Max Snax Tacos, Crisпитos, Salsa, Black Beans, Cucumber Salad, Pineapple Tidbits

**Tuesday, December 13**

Breakfast Pizza, Mini Bagels w/ Cream Cheese, Orange Chicken & Rice, PBJ/Wow Sandwich w/ Chips, Garden Salad w/ Chicken, Carrot Sticks w/ Ranch, Sweet Peas, Sliced Pears

**Wednesday, December 14**

Sausage Biscuit, Frosted Breakfast Pastry, Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Scalloped Potatoes, Local Tangerines

**Thursday, December 15**

WG Muffin w/ Yogurt, Breakfast Frudel Chicken & Waffles, PBJ/Wow Sandwich w/ Chips, Potato Tots, Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, December 16**

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice,

### Featured Specials of the Day

**Monday, December 19**

Strawberry Mini Pancakes, Assorted Cereal, BBQ Sandwich, Hot Dog, Coleslaw, Baked Beans, Pineapple Tidbits

**Tuesday, December 20**

Sausage Biscuit, Frosted Breakfast Pastry, Chicken Sandwich, Corn Dog, Seasoned Fries, Carrot Sticks w/ Ranch, Mandarin Oranges Holiday Treat

**Wednesday, December 21-**

**Early Release Day**

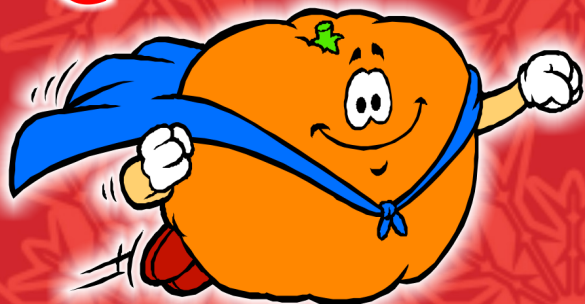
Breakfast Bun, Assorted Cereal, PBJ/Wow Sandwich Sack Lunch Stuffed Crust Pizza Grab & Go Tray



What's on YOUR plate?



**Q:** Why did Super Orange lose the big race around the world?



**A:** He just ran out of juice! Don't let this happen to you - juice makes a tasty fruit serving!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

See You Next Year!

Last day of school: Wed., December 21

Classes Resume Monday, January 9



Happy New Year