

Menus for December 2022



Henry County Middle 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

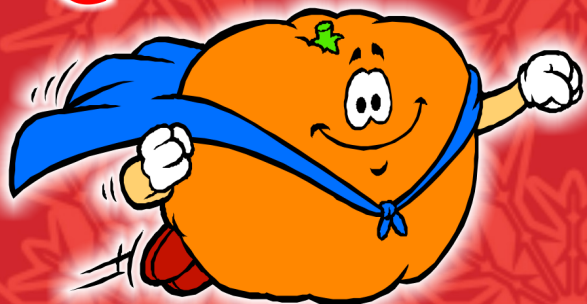
Breakfast Bun, Assorted Cereal, PBJ/Wow Sandwich Sack Lunch Stuffed Crust Pizza Grab & Go Tray



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 or 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