

# MENUS FOR FEBRUARY 2023

Henry County  
Elementary  
Schools

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

## Available Daily

### Breakfast (in blue):

Assorted Cereal

100% Fruit Juice

Choice of Low Fat Milk

### Lunch:

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

### Wednesday, February 1

**Sausage Biscuit, Assorted Cereal,**

1.Popcorn Chicken w/ Roll, 2.PBJ/Wow Sandwich  
w/ Chips, Steamed Broccoli, Scalloped  
Potatoes, Fresh Apple

### Thursday, February 2

**Blueberry Pancake Stick, Mini Bagels w/ Cream Cheese**

1.Spaghetti w/ Garlic Toast, 2.PBJ/Wow Sandwich w/ Chips,  
Green Beans, Carrot Sticks w/ Ranch,  
Frozen Juice Cup

### Friday, February 3

**Chicken Biscuit, Assorted Cereal,**

1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch,  
100% Fruit Juice

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

## Featured Specials of the Day

### Monday, February 6

**Strawberry Mini Pancakes, Assorted Cereal,**

1.Crispitos, 2.Max Snax Tacos, Salsa, Black Beans,  
Carrot Sticks w/ Ranch, Pineapple Tidbits

### Tuesday, February 7

**WG Muffin w/ Yogurt, Frosted Breakfast Pastry**

1.Cheeseburger, 2.Deli Turkey Sandwich,  
3.Garden Salad w/ Chicken, Seasoned Fries,  
Garden Salad w/ Ranch, Sliced Pears

### Wednesday, February 8

**Sausage Biscuit, Assorted Cereal,**

1.Chicken Nuggets w/ Roll, 2.PBJ/Wow  
Sandwich w/ Chips, Steamed Broccoli,  
Mashed Potatoes, Fresh Apple

### Thursday, February 9

**Breakfast Pizza, Breakfast Frudel**

1.Chicken & Waffles, 2.PBJ/Wow Sandwich  
w/ Chips, Carrot Sticks w/ Ranch,  
Cinnamon Sweet Potatoes, Frozen Juice Cup

### Friday, February 10

**Chicken Biscuit, Assorted Cereal,**

1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch,  
100% Fruit Juice

**Apply Year– Round Online  
for Free or Reduced-Priced Meals!**  
[schoolwires.henry.k12.ga.us/Page/110494](https://schoolwires.henry.k12.ga.us/Page/110494)

## Featured Specials of the Day

### Monday, February 13

Blueberry Mini Pancakes, Assorted Cereal,  
1. BBQ Sandwich, 2. Hot Dog,  
Cole Slaw, Baked Beans, Pineapple Tidbits

### Tuesday, February 14

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,  
1. Chicken Sandwich, 2. Deli Turkey Sandwich,  
3. Garden Salad w/ Chicken, Potato Tots,  
Carrot Sticks w/ Ranch, Local Satsuma Orange

### Wednesday, February 15

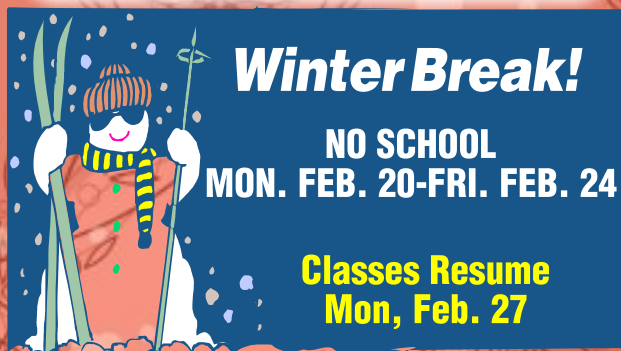
Sausage Biscuit, Assorted Cereal,,  
1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich  
w/ Chips, Steamed Broccoli, Baked  
Potato, Pink Lady Apple

### Thursday, February 16

Blueberry Pancake Stick, Breakfast Bun,  
1. Beefy Nachos w/ Salsa, 2. PBJ/Wow Sandwich  
w/ Chips, Carrot Sticks w/ Ranch, Black Beans,  
Shredded Lettuce, Frozen Juice Cup

### Friday, February 17

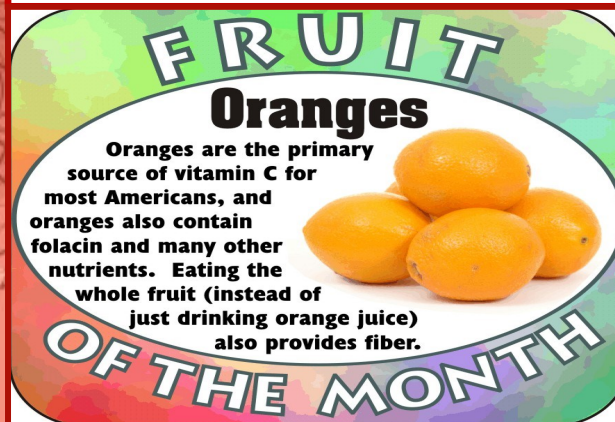
Chicken Biscuit, Assorted Cereal,  
1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch,  
100% Fruit Juice



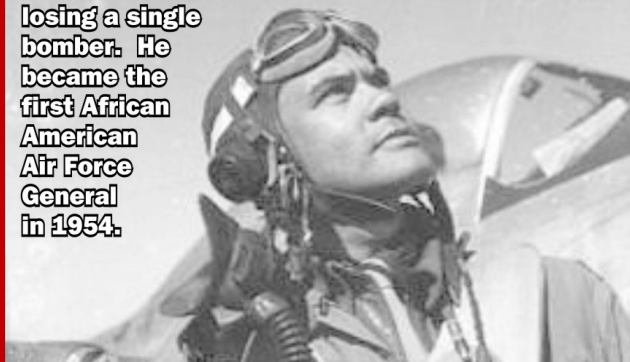
Happy  
Valentine's Day,  
February 14!  
Remember to  
shower the  
people you love  
with love! It's  
more important  
than ever, and  
you'll feel  
better, too!

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

## HARVEST OF THE MONTH:



Colonel Benjamin Davis commanded the all-black "Tuskegee Airmen" squadron in World War Two. He and his men escorted 200 missions without losing a single bomber. He became the first African American Air Force General in 1954.



**AFRICAN AMERICAN HISTORY MONTH**  
Learn more at the library or do a search on-line for Tuskegee Airmen

## Featured Specials of the Day

### Monday, February 27

Strawberry Mini Pancakes, Assorted Cereal,  
1. Crisritos, 2. Max Snax Tacos, Salsa, Black Beans,  
Whole Kernel Corn, Pineapple Tidbits

### Tuesday, February 28

WG Muffin w/ Yogurt, Breakfast Frudel  
1. Cheeseburger, 2. Deli Turkey Sandwich,  
3. Garden Salad w/ Chicken, Seasoned Fries,  
Carrot Sticks w/ Ranch, Sliced Pears

### Wednesday, March 1

Sausage Biscuit, Assorted Cereal,,  
1. Chicken Nuggets w/ Roll, 2. PBJ/Wow  
Sandwich w/ Chips, Steamed Broccoli,  
Mashed Potatoes, Pink Lady Apple

### Thursday, March 2

Breakfast Pizza, Mini Bagels w/ Cream Cheese,  
1. Orange Chicken & Rice, 2. PBJ/Wow Sandwich  
w/ Chips, Carrot Sticks w/ Ranch, Green Peas,  
Frozen Juice Cup

### Friday, March 3

Chicken Biscuit, Assorted Cereal,  
1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch,  
100% Fruit Juice