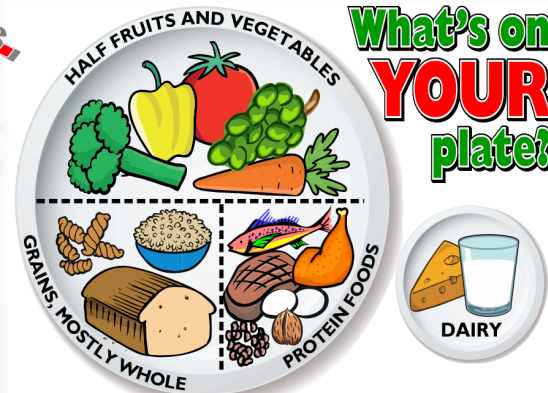


Henry County
Elementary
Schools
After School
Enrichment
Program

Menus for
**February
2022**

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

We Serve Smart Snacks.

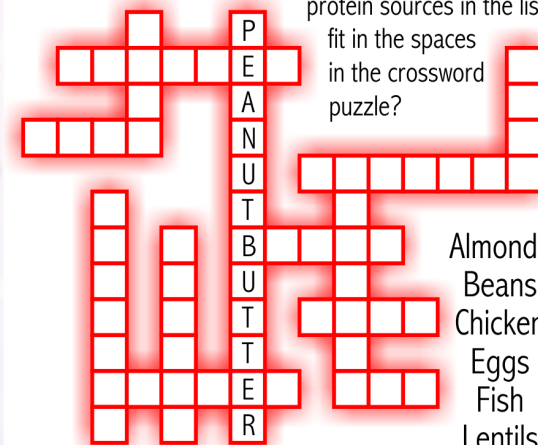


What's on
**YOUR
plate?**

Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



Monday, February 4
WG Muffin
Milk

Tuesday, February 1
Smart Snack Chips
100% Fruit Juice

Wednesday, February 2
WG Cereal
Milk

Thursday, February 3
WG Graham Crackers
100% Juice

Friday, February 4
Mini Chocolate Chip
WG Cookies
Milk

Monday, February 7
WG Muffin
Milk

Tuesday, February 8
Smart Snack Chips
100% Fruit Juice

Wednesday, February 9
WG Cereal
Milk

Thursday, February 10
Cheez Its Crackers
100% Fruit Juice

Friday, February 11
Mini Chocolate Chip
WG Cookies
Milk

Monday, February 14
WG Muffin
Milk

Tuesday, February 15
Smart Snack Chips
100% Fruit Juice

Wednesday, February 16
WG Cereal
Milk

Thursday, February 17
WG Graham Crackers
100% Juice

Friday, February 18
Mini Chocolate Chip
WG Cookies
Milk

Monday, February 28
WG Muffin
Milk

WINTER BREAK!!!
NO SCHOOL
2/21-2/25



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html