

Menus for November 2021

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

| 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 |

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.



Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

THANKSGIVING FEAST



Thursday, November 4

LOCAL 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

Featured Specials of the Day

Monday, November 1

- Strawberry Mini Pancakes, Assorted Cereal,
- Max Snax Tacos w/ Salsa, **Manager's Choice Entree**,
- Black Beans, Carrot Sticks w/ Ranch,
- Pineapple Tidbits

Tuesday, November 2

No School, Professional Work Day

Wednesday, November 3

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

Thursday, November 4

- WG Muffin w/ Yogurt, **Manager's Choice**,
- Turkey & Dressing, **Manager's Choice Entree**,
- Green Beans, Sweet Potatoes, Cranberry Sauce,
- Frozen Juice Cup

Friday, November 5

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

Featured Specials of the Day

Monday, November 8

Blueberry Mini Pancakes, Assorted Cereal,
BBQ Sandwich, Hot Dog,
Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, November 9

WG Muffin w/ Yogurt, Mini Bagel w/ Cream Cheese
Cheeseburger, Deli Turkey Sandwich, Seasoned Fries,
Garden Salad w/ Ranch, Sliced Peaches

Wednesday, November 10

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

Thursday, November 11

Apple Cinnamon Bread, Frosted Breakfast Pastry,
Beefy Nachos w/ Salsa, Corn Dog, Pinto Beans,
Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, November 12

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

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting!

But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories - and enjoy some fresh air, too!



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

WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries - but they'll also consume insects, frogs, lizards, and snakes.



ANIMAL APPETITES

Featured Specials of the Day

Monday, November 15

Strawberry Mini Pancakes, Assorted Cereal,
Fiesta Chicken & Rice, Deli Turkey Sandwich w/ Chips,
Black Eyed Peas, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, November 16

WG Muffin w/ Yogurt, Breakfast Frudel,
Spaghetti w/ Garlic Toast, Chicken Sandwich,
Garden Salad w/ Ranch, Glazed Carrots, Sliced Peaches

Wednesday, November 17

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

Thursday, November 18

Apple Cinnamon Bread, Frosted Breakfast Pastry,
Oven Roasted Chicken w/ Mac & Cheese, Mini Corn Dogs,
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, November 19

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

Monday, November 29

Blueberry Mini Pancakes, Assorted Cereal,
BBQ Sandwich, Hot Dog, Baked Beans,
Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, November 30

WG Muffin w/ Yogurt, Mini Bagel w/ Cream Cheese,
Cheeseburger, Deli Turkey Sandwich,
Potato Tots, Carrot Sticks w/ Ranch, Sliced Peaches

DON'T 4GET!

Take at least ONE

FRUIT or
VEGGIE

and at least THREE
items total so your meal
counts as a complete lunch!



**ENJOY YOUR
BREAK WEEK
NOV. 22-26TH**