



Menus for October 2023

Henry County High Schools
This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Breakfast (in blue):

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

Lunch:

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

*Pork products listed in **pink**.



**Introducing: Our New School
Meal Payment System, Click LINQ
Below or visit: linqconnect.com**

LINQ Connect
ONLINE PORTAL

Featured Specials of the Day

Monday, October 2

Blueberry Mini Pancakes, Assorted Cereal,
1. Crisitos 2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans,
Carrot Sticks w/ Ranch, Sliced Pears

Tuesday, October 3

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,
1. Chicken Sandwich, 2. Deli Turkey Sandwich
3. Garden Salad w/ Chicken, Potato Tots,
Garden Salad w/ Ranch, Banana

Wednesday, October 4

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

Thursday, October 5

Breakfast Pizza, Breakfast Bun
1. Spaghetti w/ Garlic Toast, 2. PBJ/Wow
Sandwich w/ Chips. 3. Corn Dog Carrot Sticks w/ Ranch,
Green Beans, Frozen Juice Cup

Friday, October 6

Chicken Biscuit, Assorted Cereal, 1. Stuffed Crust Pizza,
2. PBJ/Wow Sandwich w/ Chips, 3. Hot Dog Whole
Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

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

FROM PIXELS TO PLATES
**Get Ready to Level Up
with School Lunch!**



National School Lunch Week
OCTOBER 9-13, 2023

Featured Specials of the Day

Monday, October 9

Strawberry Mini Pancakes, Mini Cinnamon Bagels,
1. Cowboy BBQ Nachos, 2. Mini Corn Dogs, Carrot Sticks w/
Ranch, Baked Beans, Fresh Mixed Melon

Tuesday, October 10

WG Muffin w/ Yogurt, Breakfast Frudel, 1. Cheeseburger,
2. Deli Turkey Sandwich, 3. Garden Salad w/ Chicken,
Seasoned Fries, Lettuce & Tomatoes, Fresh Strawberries

Wednesday, October 11

Sausage Biscuit, Assorted Cereal,
1. Chicken Nuggets w/ Roll, 2. PBJ/Wow Sandwich
w/ Chips 3. Crisitos w/ Salsa Steamed Broccoli,
Mashed Potatoes, Fresh Apple

Thursday, October 12

Mini Pancake Wraps, Breakfast Bun,
1. Chicken & Waffles 2. PBJ/Wow Sandwich w/ Chips,
Sweet Potato Fries, Celery Sticks w/ Ranch
Frozen Juice Cup

Friday, October 13-Half Day

Chicken Biscuit, Assorted Cereal,
1. Chicken Sandwich, 2. PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, 100% Fruit Juice

Featured Specials of the Day

Monday, October 16

Pancakes & Sausage, Assorted Cereal, 1.Crispitos
2.PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos, Salsa,
Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, October 17

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,
1.Sloppy Joe Sandwich 2.Chicken Sandwich,
3.Garden Salad w/ Chicken, Garden Salad w/ Ranch,
Potato Tots, Applesauce

Wednesday, October 18

Sausage Biscuit, Assorted Cereal,
1.Chicken Alfredo w/ Roll, 2.PBJ/Wow Sandwich w/ Chips
3.Popcorn Chicken w/ Roll, Steamed Broccoli,
Mashed Potatoes, Fresh Apple

Thursday, October 19

Apple Cinnamon Toast, Frosted Breakfast Pastry,
1.Teriyaki Chicken & Rice, 2.PBJ/Wow Sandwich
w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch,
Frozen Juice Cup

Friday, October 20

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza,
2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole
Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

**APPLY ONLINE NOW
FOR FREE OR REDUCED PRICE
SCHOOL MEALS!**

School Meals Rock!

FOR INSTRUCTIONS VISIT:

SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049

OFFER vs SERVE

The Five Meal Components for School Lunch

Choose at least 3 including:



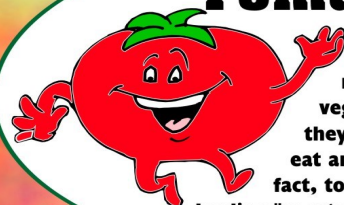
• ½ Cup of **Fruits**
or **Vegetables**

• At Least 2 **Other**
Food Groups

For best nutrition, **CHOOSE ALL 5**

LOCAL HARVEST OF THE MONTH

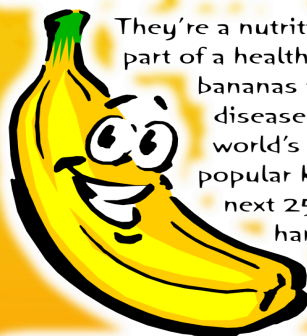
VEGETABLE Tomato



Did you know
that tomatoes are
really fruits, not
vegetables? Whatever
they are, they're good to
eat and good for you! In
fact, tomatoes are our
leading "vegetable" source
of vitamin C.

OF THE MONTH

SAVE THE BANANA!



They're a nutritious, portable snack or
part of a healthy breakfast -- but
bananas are under attack! A
disease could wipe out the
world's supply of the most
popular kind of banana in the
next 25 years. Scientists are
hard at work to identify
banana varieties that
resist the disease.
Let's wish them luck!

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

Featured Specials of the Day

Monday, October 23

Blueberry Mini Pancakes, Mini Cinnamon Bagels,
1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch,
Baked Beans, Pineapple Tidbits

Tuesday, October 24

WG Muffin w/ Yogurt, Breakfast Frudel, 1.Cheeseburger,
2.Deli Turkey Sandwich, 3.Garden Salad w/ Chicken,
Seasoned Fries, Lettuce & Tomatoes, Sliced Peaches

Wednesday, October 25

Sausage Biscuit, Assorted Cereal,
1.Ravioli w/ Roll 2. PBJ/Wow Sandwich w/ Chips
3.Chicken Nuggets w/ Roll, Steamed Broccoli,
Mashed Potatoes, Banana

Thursday, October 26

Manager's Choice, Frosted Breakfast Pastry,
1.Beefy Nachos w/ Salsa 2.PBJ/Wow Sandwich w/ Chips,
3. Corn Dog, Pinto Beans, Carrot Sticks w/ Ranch,
Frozen Juice Cup

Friday, October 27

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza,
2.PBJ/Wow Sandwich w/ Chips, 3. Hot Dog, Whole Kernel
Corn, Garden Salad w/ Ranch, 100%Fruit Juice

Monday, October 30

Strawberry Mini Pancakes, Breakfast Bun
1.Crispitos 2.PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos,
Salsa, Black Beans, Carrot Sticks w/ Ranch, Fruit Cocktail

Tuesday, October 31

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,
1.Spicy Chicken Sandwich, 2.Deli Turkey Sandwich, 3.Garden
Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch,
Sliced Pears, Carnival Cookie

Happy Halloween!