



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.

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, March 1

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

Thursday, March 2

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

Friday, March 3

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

DON'T 4 GET!

Take at least ONE

FRUIT or VEGGIE

and at least THREE

items total so your meal counts as a complete lunch!

HARVEST OF THE MONTH

FRUIT



Apple

OF THE MONTH

Apples are a member of the rose family! They supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice.

National School Breakfast Week
MARCH 6-10, 2023



Henry County School Nutrition

Featured Specials of the Day

Monday, March 6

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

Tuesday, March 7

WG Muffin w/ Yogurt, Breakfast Bun
Chicken Sandwich, Deli Turkey Sandwich,
Garden Salad w/ Chicken, Potato Tots,
Garden Salad w/ Ranch, Sliced Pears

Wednesday, March 8

Sausage Biscuit, Assorted Cereal,
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich
w/ Chips, Steamed Broccoli, Baked Potato,
Apple Slices

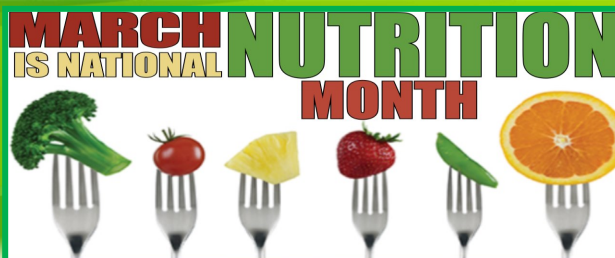
Thursday, March 9

Blueberry Pancake Stick, Mini Bagels w/ Cream
Cheese, Spaghetti w/ Garlic Toast, PBJ/Wow
Sandwich w/ Chips, Carrot Sticks w/ Ranch,
Green Beans, Frozen Juice Cup

Friday, March 10

Chicken Biscuit, Assorted Cereal,
Grab & Go Pizza Tray
PBJ/Wow Sandwich Sack Lunch

Don't Forget to Spring Forward, March 12th!



Featured Specials of the Day

Monday, March 13

Strawberry Mini Pancakes, Cheese grits w/ Toast, Assorted Cereal, Crisпитos, PBJ/Wow Sandwich w/ Chips, Salsa, Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, March 14

WG Muffin w/ Yogurt, Breakfast Frudel, Cheeseburger, Garden Salad w/ Chicken, Deli Turkey Sandwich, Seasoned Fries, Garden Salad w/ Ranch, Sliced Peaches

Wednesday, March 15

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

Thursday, March 16

Breakfast Pizza, Frosted Breakfast Pastry, Chicken w/ Mac & Cheese, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, March 17

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



Featured Specials of the Day

Monday, March 20

Blueberry Mini Pancakes, Assorted Cereal, BBQ Sandwich, Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Orange Slices

Tuesday, March 21

WG Muffin w/ Yogurt, Breakfast Bun, Chicken Sandwich, Deli Turkey Sandwich, Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Sliced Pears

Wednesday, March 22

Sausage Biscuit, Assorted Cereal, Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Baked Potato, Apple Slices

Thursday, March 23

Blueberry Pancake Stick, Mini Bagels w/ Cream Cheese, Beefy Nachos w/ Salsa, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Black Beans, Shredded Lettuce, Frozen Juice Cup

Friday, March 24

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, March 27

Strawberry Mini Pancakes, Cheese grits w/ Toast, Assorted Cereal, Crisпитos, PBJ/Wow Sandwich w/ Chips, Salsa, Black Beans, Carrot Sticks w/ Ranch, Orange Slices

Tuesday, March 28

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

Wednesday, March 29

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

Thursday, March 30

Breakfast Pizza, Breakfast Bun, Orange Chicken & Rice, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Green Peas, Frozen Juice Cup

Friday, March 31

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

SPRING BREAK!

No School: April 3rd-7th