

Menus for September 2022



Henry County High Schools

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

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

LOCAL HARVEST OF THE MONTH

FRUIT

Watermelon

Watermelon is a low-calorie treat with zero fat! Watermelon provides vitamins A and C and some fiber, too. Plus it's sweet, juicy, fun to eat, and delicious!

OF THE MONTH

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

School Meals Rock!

FOR INSTRUCTIONS VISIT:
SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049

Featured Specials of the Day

Thursday, September 1

Breakfast Pizza, Assorted Cereal,
Chicken Strips w/ Mac & Cheese, **Manager's Choice**,
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, September 2

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

Monday, September 5

★ **LABOR DAY** ★

Tuesday, September 6

WG Muffin w/ Yogurt, Breakfast Frudel,
Chicken Sandwich, Deli Turkey Sandwich,
Garden Salad w/ Chicken, Potato Tots, Carrot Sticks
w/ Ranch, Fresh Watermelon Chunks

Wednesday, September 7

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

Thursday, September 8

Breakfast Bun, Frosted Breakfast Pastry,
Spaghetti w/ Garlic Toast, PB&J/Wow Sandwich w/Chips,
Carrot Sticks w/ Ranch, Green Beans,
Fresh Peach

Friday, September 9

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

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.

MY
SCHOOL
BUCKS

The Simple Way to Pay
FOR STUDENT MEALS

- ✓ Check balances
- ✓ View purchases
- ✓ Pay with a credit card

VIEW WEBSITE ►



Remembering our
Heroes on
September 11,
and showing
our support
for them
all year
round.



BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program is headed this year: back to pre-pandemic days. Federal free meal waivers for all students expired June 2022 so in July, we began asking families that may qualify for free or reduced priced meals to please apply (you'll be able to do that on our website, and in other ways).

We were **THRILLED** so many of our families started eating with us during the pandemic, and we want you to come back for more! We have always emphasized quality, service, convenience, and healthfulness, and that won't change one bit moving forward.

But first, we encourage you to apply for free meals if you think your family might qualify. You can find instructions on our website: schoolwires.henry.k12.ga.us/Page/110494

School Meals
We serve education every day™



**Fall
Break
Sept. 19th-
Sept. 23rd**

Featured Specials of the Day

Monday, September 12

Strawberry Mini Pancakes, Assorted Cereal,
BBQ Sandwich, Hot Dog, Carrot Sticks w/ Ranch,
Baked Beans, Fresh Cantaloupe Chunks

Tuesday, September 13

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

Wednesday, September 14

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

Thursday, September 15

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

Friday, September 16

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, September 26

Blueberry Mini Pancakes, Assorted Cereal,
Max Snax Tacos w/ Salsa, PBJ/Wow Sandwich w/ Chips,
Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, September 27

WG Muffin w/ Yogurt, Breakfast Frudel
Garden Salad w/ Chicken, Corn Dog,
Deli Turkey Sandwich, Potato Tots,
Carrot Sticks w/ Ranch, Mandarin Oranges

Wednesday, September 28

Sausage Biscuit, Frosted Breakfast Pastry,
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich
w/ Chips, Steamed Broccoli, Mashed Potatoes,
Fresh Nectarine

Thursday, September 29

Manager's Choice, Assorted Cereal,
Orange Chicken & Rice, PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Sweet Peas,
Frozen Juice Cup

Friday, September 30

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

DON'T 4GET!
Take at least **ONE**
FRUIT or
VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!