

Henry County  
Elementary After  
School Snack

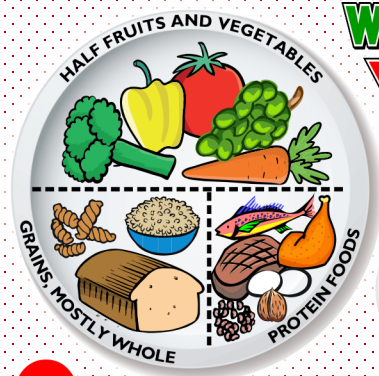
Menus for  
January  
2024



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

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**



What's on  
**YOUR**  
plate?



**Q:**

Can you  
name the  
"super food"  
that gave  
Popeye  
his strength  
and was also  
the first  
vegetable  
sold frozen?

**POPEYE**



**A:** It's SPINACH, of course! Spinach contains an incredible amount of protein for a veggie. Plus, it's off the charts for vitamins A and K, it's a good source of fiber, and it's loaded with disease-fighting "caratenoids." No wonder it made Popeye so strong!

<b>Monday, January 8</b> WG Muffin Milk	<b>Tuesday, January 9</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, January 10</b> WG Cereal Milk	<b>Thursday, January 11</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, January 12</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, January 15</b> MLK, Jr. Holiday No School	<b>Tuesday, January 16</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, January 17</b> WG Cereal Milk	<b>Thursday, January 18</b> WG Elf Graham Crackers 100% Fruit Juice	<b>Friday, January 19</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, January 22</b> WG Muffin Milk	<b>Tuesday, January 23</b> Smart Snack Chips 100% Fruit Juice	<b>Wednesday, January 24</b> WG Cereal Milk	<b>Thursday, January 25</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, January 26</b> Mini Chocolate Chip WG Cookies Milk
<b>Monday, January 29</b> WG Muffin Milk	<b>Tuesday, January 30</b> Smart Snack Chips 100% Fruit Juice	<b>Tuesday, January 31</b> WG Cereal Milk	<b>Thursday, February 1</b> Goldfish Crackers 100% Fruit Juice	<b>Friday, February 2</b> Mini Chocolate Chip WG Cookies Milk



**STUDENTS MUST TAKE  
BOTH ITEMS FOR A  
COMPLETE SNACK!**