

Menus for FEBRUARY 2022

Henry County Middle Schools

Menus are subject to change.

This institution is an equal opportunity provider and employer.

Available Daily

Breakfast (in blue):

Assorted Cereal

Fresh Apples & Oranges

100% Fruit Juice

Choice of Low Fat Milk

*Pork products listed in pink.

Lunch:

Fresh Apples & Oranges

Choice of Low Fat Milk



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

114 BY THE NUMBERS
AT OVER 114 MILLION VIEWERS,
SUPER BOWL XLIX IN 2015 WAS THE
MOST WATCHED U.S. TV SHOW EVER.

Featured Specials of the Day

Tuesday, February 1

Breakfast Bun, Frosted Breakfast Pastry,
Cheeseburger, Deli Turkey Sandwich,
Potato Tots, Carrot Sticks w/ Ranch, Sliced Peaches

Wednesday, February 2

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

Thursday, February 3

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,,
Beefy Nachos w/ Salsa, PBJ/Wow Sandwich w/ Chips,
Black Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, February 4

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



LEADING MAN

The first Oscar awards for the best movies and film performances were given out in 1929, but it wasn't until 1964 that an African-American Man (Sidney Poitier, pictured here) won the award for best actor. Poitier grew up very poor in the Bahamas before moving to Miami as a teenager and then to New York. In 2009, President Barack Obama awarded him the Presidential Medal of Freedom, the highest civilian honor in the U.S. Poitier died last month at the age of 94.

AFRICAN-AMERICAN HISTORY MONTH

Want to know more? Search for "Sydney Poitier" on-line.

Featured Specials of the Day

Monday, February 7

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

Tuesday, February 8

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

Wednesday, February 9

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

Thursday, February 10

Manager's Choice, Frosted Breakfast Pastry,
Chicken Strips w/ Mac & Cheese, Deli Turkey Sandwich
w/ Chips, Carrot Sticks w/ Ranch, Green Beans,
Frozen Juice Cup

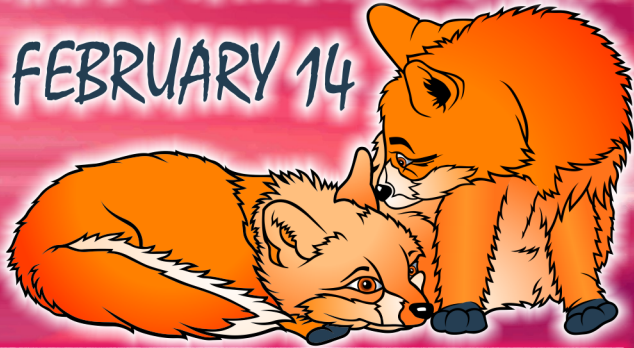
Friday, February 11

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

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

HAPPY VALENTINE'S DAY!

FEBRUARY 14



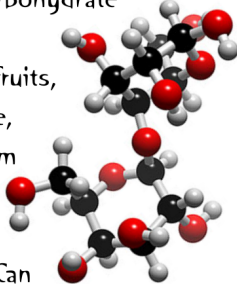
LOVE.

Valentine's Day on February 14th is traditionally the "love" holiday. And if the last two years have taught us anything, it's the importance of that emotion, not just for one day, but all year round. With all of the loss and disruption we've all endured, let's hope we've learned that our routines and plans and expectations are fragile. Life is fragile. But love is strong. And love endures. We want you to know that we love our customers, and we encourage you to tell the people who are important to you that you love them, too!

School Meals
We serve education every day™

THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh? "Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory. Can you guess which ones are healthier for you?



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

Featured Specials of the Day

Monday, February 14

Strawberry Mini Pancakes, Assorted Cereal,
Orange Chicken & Rice, PBJ/Wow Sandwich w/ Chips,
Sweet Peas, Carrot Sticks w/ Ranch,
Fruit Cocktail

Tuesday, February 15

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,,
Chicken Sandwich, Deli Turkey Sandwich,
Potato Tots, Garden Salad w/ Ranch,
Sliced Peaches

Wednesday, February 16

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

Thursday, February 17

Manager's Choice, Frosted Breakfast Pastry,
Beef Tacos, Deli Turkey Sandwich w/ Chips,
Black Beans, Salsa, Carrot Sticks w/ Ranch,
Sliced Pears

Friday, February 18

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

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™

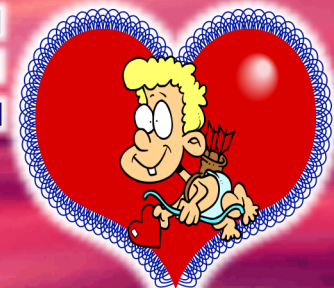


Winter Break!

NO SCHOOL

**MONDAY, FEB. 21-
FRIDAY, FEB. 25**

YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

1 Student Breakfast & 1 Lunch Free Every School Day!