

Menus for

December 2023

Henry County
Middle 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.



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

Friday, December 1

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, December 4

Blueberry Mini Pancakes, Mini Cinnamon Bagels, 1.Crispitos 2.MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, December 5

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

Wednesday, December 6

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, December 7

Blueberry Pancake Stick, 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, December 8

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

DON'T 4GET!

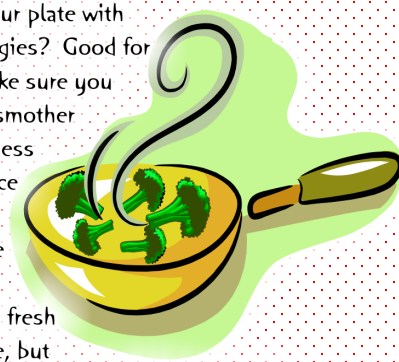
To make a lunch, choose at least one



HENRY COUNTY SCHOOLS

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

Wishing you and your family a bright
and happy Holiday Season!

Henry County School Nutrition

Featured Specials of the Day

Monday, December 11

Pancakes & Sausage, Assorted Cereal,

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

Tuesday, December 12

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,

1. Orange Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips, Green Peas, Carrot Sticks w/ Ranch, Applesauce

Wednesday, December 13

Sausage Biscuit, Assorted Cereal,

1. Chicken Nuggets w/ Roll 2. PBJ/Wow Sandwich w/ Chips 3. Spicy Chicken Sandwich, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, December 14

Breakfast Pizza, Frosted Breakfast Pastry,

1. Chicken Drumstick w/ Mac & Cheese, 2. PBJ/Wow Sandwich w/ Chips, Collard Greens, Cornbread, Sweet Potatoes, Frozen Juice Cup

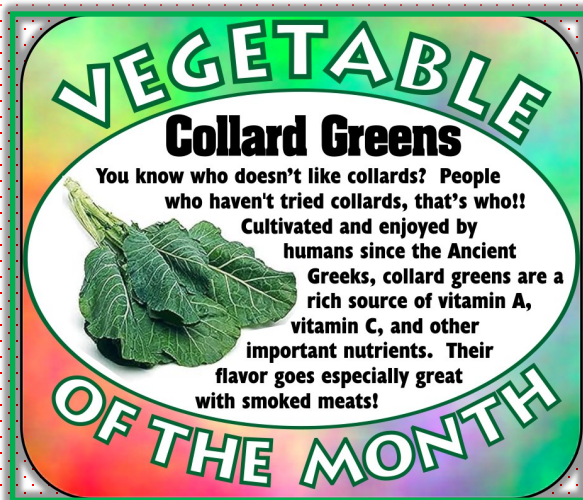
Friday, December 15

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

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." That word translates roughly as "snow shoveler," which is a description of the way the reindeer will paw at the snow-covered ground to find food!



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

LINQ Connect
ONLINE PORTAL

Featured Specials of the Day

Monday, December 18

Strawberry Mini Pancakes, Breakfast Bun

1. Crisritos 2. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, December 19

WG Muffin w/ Yogurt, Breakfast Frudel,

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

Wednesday, December 20-Half Day

Sausage Biscuit, Assorted Cereal,

1. Corn Dog Sack Lunch 2. PBJ/Wow Sack Lunch, 3. Grab & Go Pizza, Carrot Sticks w/ Ranch, Fresh Fruit

See You
Next Year!

No School:
December 21-January 5

Classes Resume
Monday, January 8

