



# Menus for April 2021

**HENRY COUNTY  
MIDDLE SCHOOLS  
ON CAMPUS  
STUDENTS**

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  
Choice of Low Fat Milk

\*Pork products listed in pink.



**1 Student Breakfast & 1 Lunch Free Every School Day!**

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

## Featured Specials of the Day

**Friday, April 1**

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

## SPRING BREAK!

No School: April 4th-8th

**Monday, April 11**

Strawberry Mini Pancakes, Assorted Cereal,  
Max Snax Tacos, PBJ/Wow Sandwich w/ Chips,  
Black Beans, Salsa, Whole Kernel Corn, Pineapple Tidbits

**Tuesday, April 12**

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,  
Corn Dog, Deli Turkey Sandwich,  
Potato Tots, Carrot Sticks w/ Ranch, Sliced Pears

**Wednesday, April 13**

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

**Thursday, April 14**

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

**Friday, April 15**

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

## Featured Specials of the Day

**Monday, April 18**

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

**Tuesday, April 19**

Breakfast Bun, Manager's Choice Breakfast,  
Chicken Sandwich, Deli Turkey Sandwich, Seasoned Fries,  
Garden Salad w/ Ranch, Sliced Peaches

**Wednesday, April 20**

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

**Thursday, April 21**

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

**Friday, April 22**

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

## Featured Specials of the Day

**Monday, April 25**

Strawberry Mini Pancakes, Assorted Cereal,  
Max Snax Tacos, PBJ/Wow Sandwich w/ Chips,  
Black Beans, Salsa, Garden Salad w/ Ranch, Pineapple Tidbits

**Tuesday, April 26**

WG Muffin w/ Yogurt, Sausage, Egg, & Cheese Croissant,  
Cheeseburger, Deli Turkey Sandwich,  
Potato Tots, Carrot Sticks w/ Ranch, Sliced Pears

**Wednesday, April 27**

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

**Thursday, April 28**

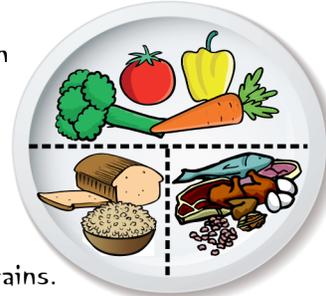
Breakfast Bun, Frosted Breakfast Pastry,  
Orange Chicken & Rice, Deli Turkey Sandwich  
w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, April 29**

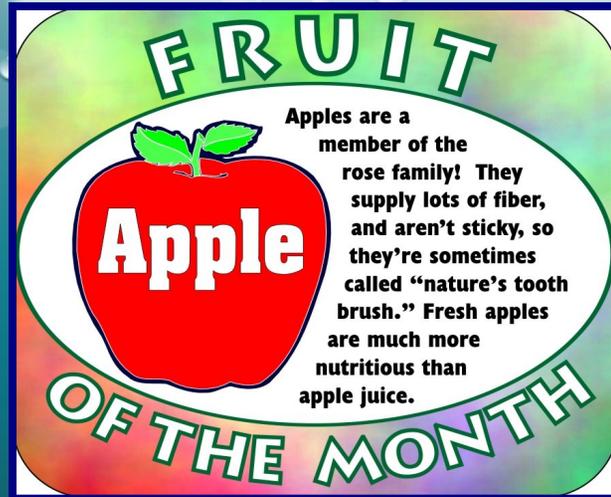
Chicken Biscuit, Assorted Cereal,  
Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch, 100% Juice

## DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



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

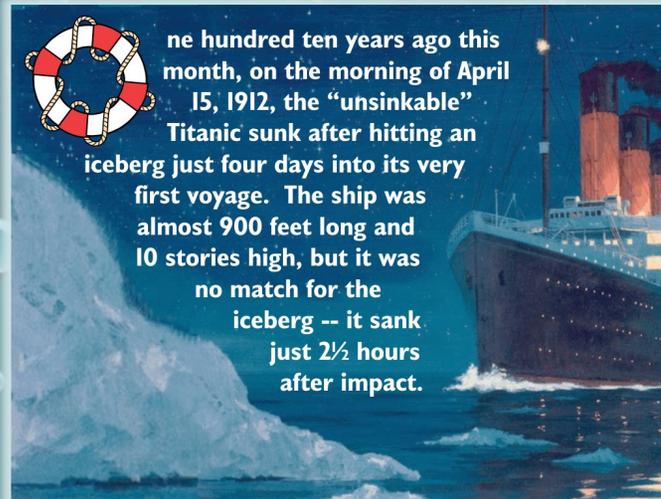


## SPORTS HER WAY

Girls' participation in high school sports continues to grow. Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 53% jump in the number of participants during the 2010s.



One hundred ten years ago this month, on the morning of April 15, 1912, the "unsinkable" Titanic sank after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.

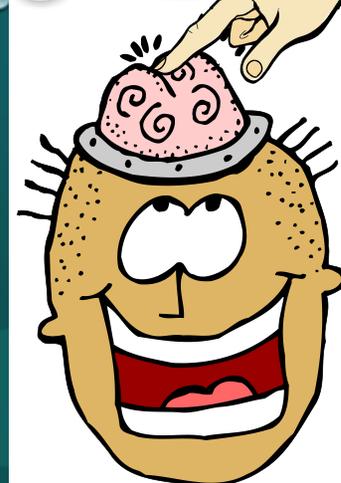


## NUTRITION TO GO

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) contains all kinds of additives and chemicals, 9 grams of added sugar, and more than half a day's worth of sodium.

**A QUICK BITE FOR PARENTS**

## Brain Ticklers



What belongs to you but is always used more by your friends?

(Hold the page upside down and read it in a mirror for the answer!)