

BACK TO SCHOOL

Menus for August 2024

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.

2024-2025: School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.40	\$2.65
Students Grades 6-12	\$1.40	\$2.75
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.50	\$4.00
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.50	\$4.00

Featured Specials of the Day

Thursday, August 1
 Sausage Biscuit, Frosted Breakfast Pastry,
 1.Crispito 2.PBJ/Wow Sandwich w/ Chips,
 Black Beans, Salsa, Potato Tots, Frozen Juice Cup

Friday, August 2
 Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza,
 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel
 Corn, Steamed Broccoli, 100% Fruit Juice

Monday, August 5
 Strawberry Mini Pancakes, Breakfast Bun
 1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch,
 Baked Beans, Fresh Cole Slaw, Pineapple Tidbits

Tuesday, August 6
 Mini Pancake Wraps, WG Muffin w/ Yogurt
 1.Cheeseburger, 2.Deli Turkey Sandwich, Seasoned Fries,
 Lettuce & Tomato, Fresh Peach

Wednesday, August 7
 Sausage Biscuit, Breakfast Frudel
 1.Chicken Nuggets w/ Roll 2. PBJ/Wow Sandwich w/ Chips
 Steamed Broccoli, Mashed Potatoes, Watermelon Chunks

Thursday, August 8
 Apple Cinnamon Toast, WG Muffin w/ Yogurt
 1.Chicken w/ Mac & Cheese 2.PBJ/Wow Sandwich w/ Chips.
 Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, August 9
 Chicken Biscuit, Frosted Breakfast Pastry 1.Stuffed Crust
 Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Hot Dog, Whole
 Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

It's easy to apply for free and reduced-priced meals online, see instructions here:
www.henry.k12.ga.us/Page/110494

LINQ Connect

Online School Meal Payment Portal: Linqconnect.com

DON'T 4GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

HENRY COUNTY SCHOOLS

LOCAL HARVEST OF THE MONTH

FRUIT Peaches

Juicy summer peaches are sweet enough to eat for dessert, but they're low in calories and fat. Plus peaches are high in vitamin C, fiber, vitamin A, niacin, potassium, and "phytochemicals," which promote healthy skin.

OF THE MONTH

Featured Specials of the Day

Monday, August 12

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos
2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Sliced Pears

Tuesday, August 13

Blueberry Pancake Stick, WG Muffin w/ Yogurt

1. Chicken Sandwich,
2. Deli Turkey Sandwich
3. Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Banana

Wednesday, August 14

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

Thursday, August 15

Breakfast Pizza,

WG Muffin w/ Yogurt, Breakfast Frudel

1. Teriyaki Chicken & Rice,
2. PBJ/Wow Sandwich w/ Chips,
3. Grilled Cheese Sandwich, Sweet Peas, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, August 16

Chicken Biscuit, Frosted Breakfast Pastry

1. Stuffed Crust Pizza,
2. PBJ/Wow Sandwich w/ Chips,
3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice, Chocolate Chip Cookie

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

WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, August 19

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, August 20

Blueberry Mini Pancakes, WG Muffin w/ Yogurt, Breakfast Bun

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

Wednesday, August 21

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

Thursday, August 22

WG Muffin w/ Yogurt, Breakfast Frudel

1. Beefy Nachos w/ Salsa
2. PBJ/Wow Sandwich w/ Chips,
3. Corn Dog, Pinto Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, August 23

Chicken Biscuit, Frosted Breakfast Pastry

1. Stuffed Crust Pizza,
2. PBJ/Wow Sandwich w/ Chips,
3. Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

Featured Specials of the Day

Monday, August 26

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos
2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Fruit Cocktail

Tuesday, August 27

Croissant, WG Muffin w/ Yogurt, Breakfast Frudel,

1. Sloppy Joe Sandwich
2. Spicy Chicken Sandwich,
3. Garden Salad w/ Chicken, Garden Salad w/ Ranch, Potato Tots, Applesauce

Wednesday, August 28

Sausage Biscuit, Mini Bagel w/ Cream Cheese

1. Chicken Drumstick w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Peach

Thursday, August 29

Mini Pancake Wraps, Breakfast Bun,

1. Chicken & Waffles
2. PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks w/ Ranch
- Frozen Juice Cup

Friday, August 30

Chicken Biscuit, Assorted Cereal,

1. Stuffed Crust Pizza,
2. PBJ/Wow Sandwich w/ Chips,
3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice, Birthday Treat

please see reverse for items available daily