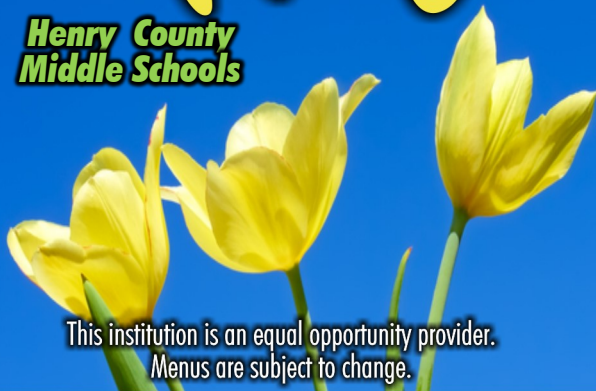


Menus For May 2022

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
- Choice of Low Fat Milk

*Pork products listed in pink.



1 Student Breakfast & 1 Lunch Free Through May 27th!

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

Monday, May 2

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

Tuesday, May 3

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

Wednesday, May 4

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

Thursday, May 5

Happy Cinco de Mayo!

Breakfast Bun, Frosted Breakfast Pastry,
Spaghetti w/ Garlic Toast, Deli Turkey Sandwich
w/ Chips, Carrot Sticks w/ Ranch, Green Beans,
Frozen Juice Cup

Friday, May 6

Happy School Lunch Hero Day!

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

MOTHER'S DAY MAY 8



Featured Specials of the Day

Monday, May 9

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

Tuesday, May 10

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

Wednesday, May 11

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

Thursday, May 12

Blueberry Pancake Stick, Frosted Breakfast Pastry
Manager's Choice, Deli Turkey Sandwich
w/ Chips, Carrot Sticks w/ Ranch, Green Peas,
Frozen Juice Cup

Friday, May 13

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, May 16

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

Tuesday, May 17

WG Muffin w/ Yogurt, Breakfast Frudel,
Cheeseburger, Deli Turkey Sandwich, Seasoned Fries,
Garden Salad w/ Ranch, Mandarin Oranges

Wednesday, May 18

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

Thursday, May 19

Manager's Choice, Frosted Breakfast Pastry,
Beefy Nachos, PBJ/Wow Sandwich w/ Chips, Black Beans,
Salsa, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, May 20

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

VEGETABLE Broccoli

When it comes to nutrition,
this guy's a real heavyweight!
He's rich in vitamins and min-
erals and contains loads of
cancer-fighting beta-
carotene. Plus, by weight
fresh broccoli has more
vitamin C than an orange and
as much calcium as milk!
Get lifting!



OF THE MONTH

BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program appears to be headed next year: back to pre-pandemic days. Looks like we'll again be asking families that may qualify for free and reduced-price meals to please apply (you'll be able to do that on our website, and in other ways), while other students will pay for meals.

We're glad that, in the year ahead (the future!), we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class. That's what we love doing.

But we also know that the challenges of our pandemic-era operations—shortages, supply chain tie-ups, rising costs for food, material, and energy, etc.—will still be there. Your family faces those challenges, too, so you know what we're saying. And like your family, we're going to face those challenges head on and do what we have to do for kids.

Nothing is written in stone yet, but we wanted to give you a heads up, so you can make plans to get ahead of the curve. We'll continue to keep our families posted with any program updates though the summer and into next school year. *There is still time to apply online for this school year's free and reduced-price meals status in our district. Go to:* schoolwires.henry.k12.ga.us/Page/110494

School Meals
We serve education every day™

Featured Specials of the Day

Monday, May 23

*Manager's Choice
Breakfast & Lunch Options

Tuesday, May 24

*Manager's Choice
Breakfast & Lunch Options

Wednesday, May 25

*Manager's Choice
Breakfast & Lunch Options

Thursday, May 26

*Manager's Choice
Breakfast & Lunch Options

Friday, May 27-Half Day

*Manager's Choice
Breakfast & Lunch Options

*Contact your school's nutrition manager for the manager's choice options for the day



Congratulations and best of luck to all members of the Class of 2022.

We'll look forward to serving the rest of you again next fall!