

**Henry
County
Middle
Schools**

Menus for

February 2023

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.

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

Wednesday, February 1

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

Thursday, February 2

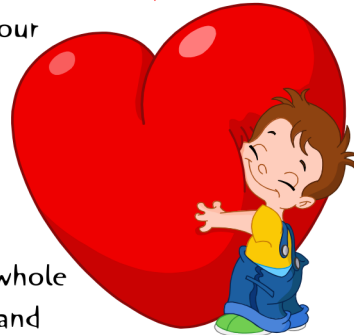
Blueberry Pancake Stick, Mini Bagels w/ Cream Cheese
Spaghetti w/ Garlic Toast, PBJ/Wow Sandwich w/ Chips,
Green Beans, Carrot Sticks w/ Ranch,
Frozen Juice Cup

Friday, February 3

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

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

Featured Specials of the Day

Monday, February 6

Strawberry Mini Pancakes, Cheese grits w/ Toast,
Assorted Cereal, Crisпитos, PBJ/Wow
Sandwich w/ Chips, Salsa, Black Beans,
Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, February 7

WG Muffin w/ Yogurt, Frosted Breakfast Pastry
Cheeseburger, Garden Salad w/ Chicken,
Deli Turkey Sandwich, Seasoned Fries,
Garden Salad w/ Ranch, Sliced Pears

Wednesday, February 8

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

Thursday, February 9

Breakfast Pizza, Breakfast Frudel
Oven Roasted Chicken & Rice, PBJ/Wow Sandwich
w/ Chips, Celery Sticks w/ Ranch,
Cinnamon Sweet Potatoes, Frozen Juice Cup

Friday, February 10

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

**Apply online
for Free or Reduced-Priced Meals
schoolwires.henry.k12.ga.us/Page/110494**

Featured Specials of the Day

Monday, February 13

Blueberry Mini Pancakes, Assorted Cereal,
BBQ Sandwich, Mini Corn Dogs,
Cole Slaw, Baked Beans, Pineapple Tidbits

Tuesday, February 14

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,
Chicken & Waffles, Deli Turkey Sandwich,
Garden Salad w/ Chicken, Potato Tots,
Carrot Sticks w/ Ranch, Local Satsuma Orange

Wednesday, February 15

Sausage Biscuit, Assorted Cereal,,
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich
w/ Chips, Steamed Broccoli, Baked
Potato, Pink Lady Apple

Thursday, February 16

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

Friday, February 17

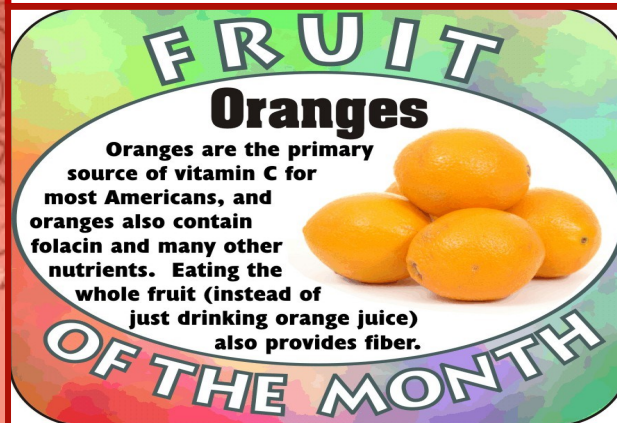
Chicken Biscuit, Assorted Cereal,
Stuffed Crust Pizza, Buffalo Chicken Pizza,
PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn,
Garden Salad w/ Ranch, 100% Fruit Juice



Happy
Valentine's Day,
February 14!
Remember to
shower the
people you love
with love! It's
more important
than ever, and
you'll feel
better, too!

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

HARVEST OF THE MONTH:



Colonel Benjamin Davis commanded the all-black "Tuskegee Airmen" squadron in World War Two. He and his men escorted 200 missions without losing a single bomber. He became the first African American Air Force General in 1954.



AFRICAN AMERICAN HISTORY MONTH
Learn more at the library or do a search on-line for Tuskegee Airmen

Featured Specials of the Day

Monday, February 27

Strawberry Mini Pancakes, Cheese grits w/ Toast,
Assorted Cereal, Crisпитos, PBJ/Wow
Sandwich w/ Chips, Salsa, Black Beans,
Whole Kernel Corn, Pineapple Tidbits

Tuesday, February 28

WG Muffin w/ Yogurt, Breakfast Frudel
Cheeseburger, Garden Salad w/ Chicken,
Deli Turkey Sandwich, Seasoned Fries,
Carrot Sticks w/ Ranch, Sliced Pears

Wednesday, March 1

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

Thursday, March 2

Breakfast Pizza, Mini Bagels w/ Cream Cheese,
Orange Chicken & Rice, PBJ/Wow Sandwich
w/ Chips, Carrot Sticks w/ Ranch, Green Peas,
Frozen Juice Cup

Friday, March 3

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

Winter Break!

NO SCHOOL
MON. FEB. 20-FRI. FEB. 24

Classes Resume
Mon, Feb. 27

