

Menus for JANUARY 2022

Henry County Middle Schools

This institution is an equal opportunity provider.
Menus are subject to change.



Just a few more months of school left to go. **Keep climbing.** Greet each new day and each new challenge with **determination, spirit, and grace.** Before you know it, you'll be at the **TOP!**

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

1 Student Breakfast & 1 Lunch Free Every School Day!



Featured Specials of the Day

Monday, January 10

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

Tuesday, January 11

Breakfast Bun, Frosted Breakfast Pastry,
Cheeseburger, Deli Turkey Sandwich,
Seasoned Fries, Carrot Sticks w/ Ranch,
Sliced Peaches

Wednesday, January 12

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

Thursday, January 13

WG Muffin w/ Yogurt, Mini Bagel w/ Cream Cheese
Chicken Strips w/ Mac & Cheese, Corn Dog,
Carrot Sticks w/ Ranch, Green Beans,
Frozen Juice Cup

Friday, January 14

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

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.



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

17 BY THE NUMBERS
EVERY TON OF RECYCLED PAPER SAVES
17 TREES, EACH OF WHICH CAN ABSORB
13 POUNDS OF CARBON DIOXIDE A YEAR

We've got your back.

You're back! We hope you and your family enjoyed your holiday, but we're also happy to see you HERE again! As we prepare to face and conquer together whatever fate has in store for us this Winter and Spring, we want you to remember: we've been here for you throughout this tough time, we're here for you now, and we'll be here for you the rest of this school year and beyond. We can't know what is going to happen, but we can (and do) pledge to keep feeding our students at no charge. So don't worry – we've still got your back!



THE Top 10 Artists for December 2021

LIST

- 1/Adele
- 2/Taylor Swift
- 3/Ed Sheeran
- 4/Olivia Rodrigo
- 5/Doja Cat
- 6/Polo G
- 7/Michael Buble
- 8/The Weeknd
- 9/BTS
- 10/Drake

Source: Billboard

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-



confidence, teach job skills, combat depression,

and increase physical activity among volunteers of all ages. That's a wellness win-win!

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

Featured Specials of the Day

Monday, January 17

Martin Luther King Jr's Birthday
 No School Today



Tuesday, January 18

Strawberry Mini Pancakes, Assorted Cereal,
 Beef Tacos w/ Salsa, Deli Turkey Sandwich w/ Chips,
 Black Beans, Carrot Sticks w/ Ranch, Sliced Pears

Wednesday, January 19

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

Thursday, January 20

WG Muffin w/ Yogurt, Frosted Breakfast Pastry,
 Chicken Sandwich, Deli Turkey Sandwich,
 Potato Tots, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, January 21

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, January 24

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

Tuesday, January 25

WG Muffin w/ Yogurt, Breakfast Frudel,
 Mini Corn Dogs, Deli Turkey Sandwich, Seasoned Fries,
 Garden Salad w/ Ranch, Sliced Peaches

Wednesday, January 26

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

Thursday, January 27

Breakfast Bun, Frosted Breakfast Pastry,
 Spaghetti w/ Garlic Toast, **Manager's Choice Entree**,
 Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

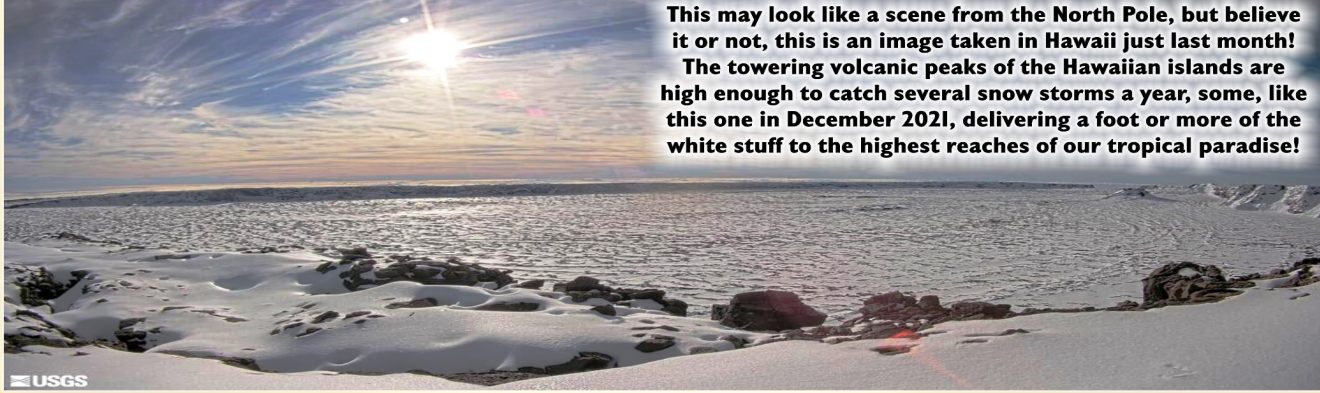
Friday, January 28

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

Monday, January 31

Strawberry Mini Pancakes, Assorted Cereal,
 Fiesta Chicken & Rice, PBJ/Wow Sandwich w/ Chips,
 Black-Eyed Peas, Carrot Sticks w/ Ranch, Fruit Cocktail

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This may look like a scene from the North Pole, but believe it or not, this is an image taken in Hawaii just last month! The towering volcanic peaks of the Hawaiian islands are high enough to catch several snow storms a year, some, like this one in December 2021, delivering a foot or more of the white stuff to the highest reaches of our tropical paradise!

USGS