



Menus for April 2023

**Henry
County
Middle
Schools**

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

Available Daily

Breakfast (in blue):

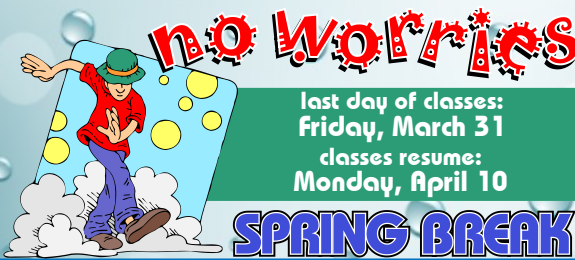
Assorted Cereal
Fresh Apples & Oranges
100% Fruit Juice
Choice of Low Fat Milk

Lunch:

Fresh Apples & Oranges
Stuffed Crust Pizza
Chicken Wrap
Choice of Low Fat Milk

*Pork products listed in **pink**.

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



last day of classes:
Friday, March 31
classes resume:
Monday, April 10

SPRING BREAK

Featured Specials of the Day

Monday, April 10

Blueberry Mini Pancakes, Assorted Cereal,
BBQ Sandwich, Mini Corn Dogs, Sweet Potato Fries,
Baked Beans, Frozen Juice Cup

Tuesday, April 11

WG Muffin w/ Yogurt, Breakfast Bun
Chicken Strips w/ Roll, Deli Turkey Sandwich,
Garden Salad w/ Chicken, Potato Tots,
Celery Sticks w/ Ranch, Orange Slices

Wednesday, April 12

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

Thursday, April 13

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

Friday, April 14

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

*See daily options in "Available Daily" section

RED ALERT!

THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!

PLEASE SEE THE OTHER
PAGE FOR A LIST OF THE
TOP APRIL FOOLS TRICKS
TO WATCH OUT FOR!

DON'T GET!

To make a lunch, choose at least one



or



and 3-5
items
total



Henry County Schools

Featured Specials of the Day

Monday, April 17

Strawberry Mini Pancakes, Cheese grits w/ Toast, Assorted Cereal, Crisпитos, MaxSnax Tacos, PBJ/Wow Sandwich w/ Chips, Salsa, Black Beans, Carrot Sticks w/ Ranch, Orange Slices

Tuesday, April 18

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

Wednesday, April 19

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

Thursday, April 20

Breakfast Pizza, Breakfast Frudel, Chicken w/ Mac & Cheese, PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, GA Grown Squash, Frozen Juice Cup

Friday, April 21

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

*See daily options in "Available Daily" section on front page

**MADE YOU LOOK!
APRIL FOOLS!**

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vege-tables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

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

HARVEST OF THE MONTH

FRUIT

Strawberries

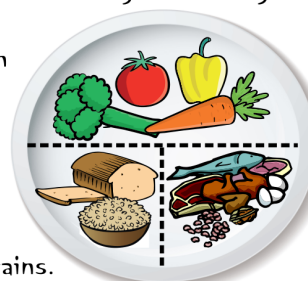


Strawberries are the most popular berries, and they're nutritious, too. A half-cup of strawberries supplies nearly three quarters of your daily vitamin C and more fiber than a slice of whole wheat bread.

OF THE MONTH

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!

Happy
Earth
Day
To
You!



April 22 is
the 52nd
Anniversary
of the first
Earth Day

Featured Specials of the Day

Monday, April 24

Blueberry Mini Pancakes, Assorted Cereal, BBQ Sandwich, Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Orange Slices

Tuesday, April 25

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese, Chicken Sandwich, Deli Turkey Sandwich, Garden Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch, Strawberries

Wednesday, April 26

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

Thursday, April 27

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, April 28

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