

# Menus for September 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.



## Featured Specials of the Day

**Monday, September 2**

### ★ LABOR DAY ★

**Tuesday, September 3**

Mini Cinni Bagel, WG Muffin w/ Yogurt,

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

**Wednesday, September 4**

Sausage Biscuit, Breakfast Frudel

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

**Thursday, September 5**

Blueberry Pancake Stick, WG Muffin w/ Yogurt,

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

**Friday, September 6**

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

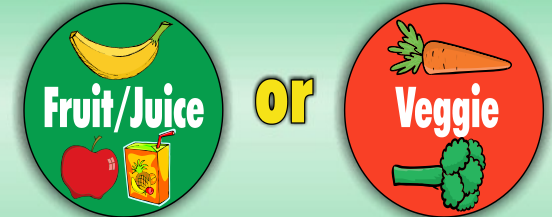
**APPLY ONLINE NOW**  
FOR FREE OR REDUCED PRICE  
SCHOOL MEALS!



For instructions visit:  
[www.henry.k12.ga.us/Page/110494](http://www.henry.k12.ga.us/Page/110494)

## DON'T GET!

To make a lunch,  
choose at least one



and 3-5  
items  
total

HENRY COUNTY SCHOOLS

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

## LINQ Connect

Online School Meal Payment Portal: [Linqconnect.com](http://Linqconnect.com)

## Featured Specials of the Day

### Monday, September 9

Sausage Biscuit, Chicken Biscuit,

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

### Tuesday, September 10

Strawberry Mini Pancakes, WG Muffin w/ Yogurt

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

### Wednesday, September 11

Sausage Biscuit, Mini Bagel w/ Cream Cheese

1. Popcorn Chicken w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. Ravioli w/ Roll, Steamed Broccoli, Mashed Potatoes, Local Granny Smith Apple

### Thursday, September 12

WG Muffin w/ Yogurt, Breakfast Pizza

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

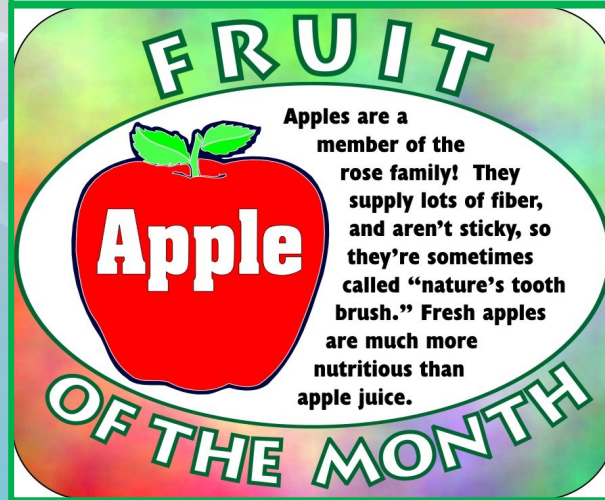
### Friday, September 13

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

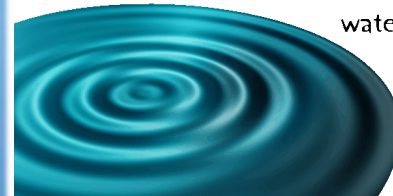
**Please see other page  
for items available daily**

## LOCAL HARVEST OF THE MONTH



## RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



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



## Featured Specials of the Day

### Monday, September 23

Sausage Biscuit, Chicken Biscuit,

1. Chicken Sandwich,
2. Mini Corn Dogs, Sweet Potato Fries, Baked Beans, Pineapple Tidbits

### Tuesday, September 24

Croissant Turkey Ham & Cheese, Breakfast Bun

1. Cheeseburger,
2. Deli Turkey Sandwich, Seasoned Fries, Lettuce & Tomatoes, Sliced Peaches

### Wednesday, September 25

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

### Thursday, September 26

Blueberry Mini Pancakes, 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, September 27

Chicken Biscuit, Frosted Breakfast Pastry

1. Lemon Pepper Chicken Wings w/ Roll
2. PBJ/Wow Sandwich w/ Chips,
3. Stuffed Crust Pizza, Whole Kernel Corn, Celery Sticks w/ Ranch, 100% Fruit Juice

### Monday, September 30

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos
2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Sliced Pears, Birthday Treat-Ice Cream Cup