



Menus for November 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

PLEASE JOIN US FOR OUR



***THURSDAY, NOVEMBER 9**

*Verify date with your school. Some schools may have more than 1 day of the Thanksgiving meal.

Featured Specials of the Day

Wednesday, November 1

Sausage Biscuit, Assorted Cereal,

1.Popcorn Chicken w/ Roll, 2.PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, November 2

Blueberry Pancake Stick, Frosted Breakfast Pastry,

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

Friday, November 3

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

Featured Specials of the Day

Monday, November 6

Pancakes & Sausage, Assorted Cereal,

1.Chicken Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, November 7

No School, Professional Learning Day

Wednesday, November 8

Sausage Biscuit, Assorted Cereal,

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

Thursday, November 9

WG Muffin w/ Yogurt, Apple Cinnamon Toast

1.Turkey & Dressing, Roll 2.PBJ/Wow Sandwich w/ Chips, Green Beans, Sweet Potatoes, Cranberry Sauce, Frozen Juice Cup

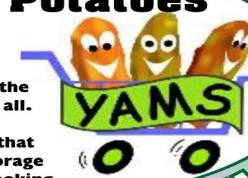
Friday, November 10

Chicken Biscuit, Assorted Cereal, 1. Chicken Strips w/ Roll, 2.Stuffed Crust Pizza, 3.PBJ/Wow Sandwich w/ Chips, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

THANKFUL...
We're For Your Patronage

VEGETABLE Sweet Potatoes

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious veggies of all. They have a natural, delightful sweetness that increases with storage and with cooking.



OF THE MONTH

Featured Specials of the Day

Monday, November 13

Blueberry Mini Pancakes, Mini Cinnamon Bagels,

1.Crispitos 2.MaxSnax Tacos, Salsa, Black Beans,
Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, November 14

WG Muffin w/ Yogurt, Breakfast Frudel, 1.Cheeseburger,
2.Deli Turkey Sandwich, 3.Garden Salad w/ Chicken,
Seasoned Fries, Lettuce & Tomatoes, Sliced Peaches

Wednesday, November 15

Sausage Biscuit, Assorted Cereal,

1.Chicken Alfredo w/ Roll, 2.PBJ/Wow Sandwich w/ Chips
3.Popcorn Chicken w/ Roll, Steamed Broccoli,
Mashed Potatoes, Fresh Apple

Thursday, November 16

Breakfast Pizza, Frosted Breakfast Pastry,

1.Spaghetti w/ Garlic Toast, 2.PBJ/Wow
Sandwich w/ Chips 3. Chicken Sandwich, Carrot Sticks w/
Ranch, Green Beans, Frozen Juice Cup

Friday, November 17

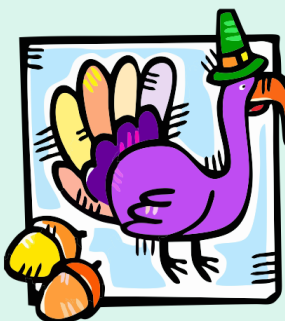
Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/
Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn,
Garden Salad w/ Ranch, 100%Fruit Juice

Introducing: Our New School
Meal Payment System, Click LINQ
Below or visit: linqconnect.com

LINQ Connect
ONLINE PORTAL

DON'T 4 GET!
Take at least **ONE**
FRUIT or
VEGGIE
and at least **THREE**
Items total so your meal
counts as a complete lunch!

Thanksgiving Break



No School

**Nov. 20-
Nov. 24th,**

**See you
On Monday!**

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



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

Featured Specials of the Day

Monday, November 27

Strawberry Mini Pancakes, Breakfast Bun

1.Spicy Chicken Sandwich, 2.Mini Corn Dogs, Potato Tots,
Baked Beans, Applesauce

Tuesday, November 28

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,

1.Teriyaki Chicken & Rice, 2.PBJ/Wow Sandwich
w/ Chips, Sweet Peas, Glazed Carrots,
Fresh Tangerine

Wednesday, November 29

Sausage Biscuit, Assorted Cereal,

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

Thursday, November 30

Mini Pancake Wraps, Frosted Breakfast Pastry,

1.Chicken w/ Mac & Cheese, 2.PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Green Beans
Frozen Juice Cup

Friday, December 1

Chicken Biscuit, Assorted Cereal, 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!

School 
Meals Rock!

FOR INSTRUCTIONS VISIT:
SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049