

# Menus for November 2022

**Henry County High Schools**

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



Join us for our  
Thanksgiving  
Feast

Thursday,  
November 10th



## Featured Specials of the Day

### Tuesday, November 1

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

### Wednesday, November 2

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

### Thursday, November 3

Breakfast Pizza, Assorted Cereal,  
Chicken Strips & Mac & Cheese, PBJ/Wow Sandwich  
w/ Chips, Carrot Sticks w/ Ranch, Sweet Peas,  
Frozen Juice Cup

### Friday, November 4

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

## Featured Specials of the Day

### Monday, November 7

Blueberry Mini Pancakes, Assorted Cereal,  
Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,  
Black Beans, Cucumber Salad, Pineapple Tidbits

### Tuesday, November 8

No School, Professional Learning Day

### Wednesday, November 9

Sausage Biscuit, Frosted Breakfast Pastry,  
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich  
w/ Chips, Steamed Broccoli, Scalloped Potatoes,  
Fresh Apple

### Thursday, November 10

WG Muffin w/ Yogurt, Breakfast Bun  
Turkey & Dressing, PBJ/Wow Sandwich  
w/ Chips, Green Beans, Sweet Potatoes,  
Cranberry Sauce, Fruit Cocktail

### Friday, November 11

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

## Available Daily

### Breakfast (in blue):

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

### Lunch:

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

\*Pork products listed in pink.

Still the Best Deal in Town!  
BREAKFAST: \$1.25 LUNCH: \$2.60

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



## Featured Specials of the Day

### Monday, November 14

Strawberry Mini Pancakes, Cheese Grits w/ Toast, Assorted Cereal, BBQ Sandwich, Hot Dog, Coleslaw, Baked Beans, Pineapple Tidbits

### Tuesday, November 15

WG Muffin w/ Yogurt, Breakfast Bun, Beefy Nachos, Garden Salad w/ Chicken, PBJ/Wow Sandwich w/ Chips, Pinto Beans, Salsa, Carrot Sticks w/ Ranch, Fresh Apple

### Wednesday, November 16

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

### Thursday, November 17

Blueberry Pancake Stick, Breakfast Frudel, Chicken Noodle Soup w/ Toasted Cheese Sandwich, PBJ/Wow Sandwich w/ Chips, Green Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, November 18

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

# Thanks giving

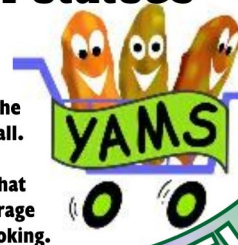
ENJOY YOUR  
HOLIDAY WEEK!  
SEE YOU MONDAY!

## HARVEST OF THE MONTH:

# 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 28

Blueberry Mini Pancakes, Assorted Cereal, Crisritos w/ Salsa, PBJ/Wow Sandwich w/ Chips, Black Beans, Cucumber Salad, Pineapple Tidbits

### Tuesday, November 29

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese, Chicken Sandwich, Garden Salad w/ Chicken, Deli Turkey Sandwich, Potato Tots, Carrot Sticks w/ Ranch, Sliced Pears

### Wednesday, November 30

Sausage Biscuit, Frosted Breakfast Pastry, Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Scalloped Potatoes, Fresh Apple

### Thursday, December 1

Breakfast Pizza, Assorted Cereal, Taco Soup w/ Tortilla Chips, Corn Dog Sweet Potato Fries, Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, December 2

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

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