

Menus for NOVEMBER 2020

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

Monday, November 2

Breakfast
Blueberry Mini Pancakes

Lunch
MaxSnax Tacos w/ Salsa
Pinto Beans,
Carrot Sticks w/ Ranch,
Fresh Fruit

Tuesday, November 3

No School Today



Professional Day
for Our Teachers

DON'T GET!

FOR STUDENTS LEARNING REMOTELY AT HOME, PARENTS WILL NEED TO PRE ORDER MEALS USING [MYSCHOOLBUCKS.COM](https://myschoolbucks.com) NO LATER THAN MONDAY 5PM BEFORE WEDNESDAY CURB SIDE PICK UP DATES. THIS IS TO ENSURE ADEQUATE MEALS ARE PREPARED.

- KEEP YOUR FOOD COLD & REHEAT ACCORDING TO THE FOOD SAFETY TIPS

Wednesday, November 4

Breakfast
Mini Pancake Wraps

Lunch
Cheeseburger
Carrot Sticks w/Ranch
Garden Salad w/Ranch
Frozen Juice Cup

Pre-order by 11/2

Thursday, November 5

Breakfast
Breakfast Bun

Lunch
Deli Turkey Sandwich w/
Chips
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Fresh Fruit

Friday, November 6

Breakfast
Assorted Cereal

Lunch
Stuffed Crust Pizza
Garden Salad w/Ranch
Whole Kernel Corn
Fresh Fruit

Monday, November 9

Breakfast
Blueberry Mini Pancakes

Lunch
Crispito w/Salsa
Pinto Beans
Grape Tomatoes w. Ranch
Fresh Fruit

Tuesday, November 10

Breakfast
Frosted Breakfast Pastry

Lunch
PB&J /Wow Sandwich* w/
Chips
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Fresh Fruit

COUNT OUR BLESSINGS.



For many of us, this Thanksgiving will be unlike any we have ever experienced. Let's try to enjoy the moment, content in our memories of past gatherings and hopes for the future!

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

Wednesday, November 11

Breakfast
Breakfast Pizza

Lunch
Popcorn Chicken w/ Roll
Mashed Potatoes
Broccoli Florets
Fruit Cup

Pre-order by 11/9

Thursday, November 12

Breakfast
Mini Bagels w/ Cream Cheese

Lunch
BBQ Sandwich
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Frozen Juice Cup

Friday, November 13

Breakfast
Assorted Cereal

Lunch
Stuffed Crust Pizza
Garden Salad w/Ranch
Whole Kernel Corn
Fresh Fruit

Monday, November 16

Breakfast
Strawberry Mini Pancakes

Lunch
MaxSnax Tacos w/ Salsa
Black Beans,
Grape Tomatoes w. Ranch
Fresh Fruit

Tuesday, November 17

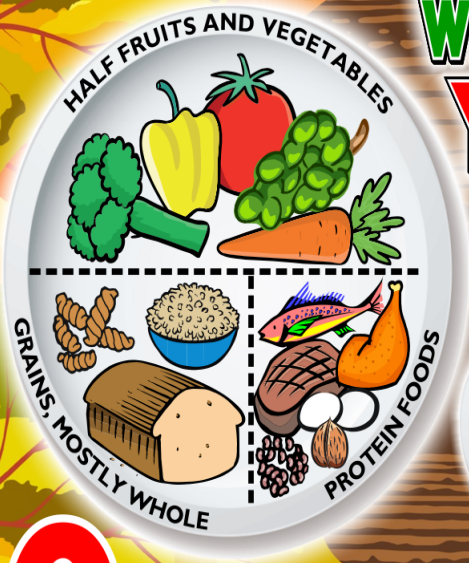
Breakfast
Frosted Breakfast Pastry

Lunch
PB&J /Wow Sandwich* w/
Chips
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Fresh Fruit

**WE ARE HAPPY TO ANNOUNCE
*FREE SCHOOL MEALS
FOR EVERY STUDENT, EVERY
SCHOOL DAY!**

Because USDA funding will expire Dec. 31st or sooner, please apply online for Free or Reduced-Priced Meals schoolwires.henry.k12.ga.us/Page/110494

- *Second meals, adult meals, and a la carte items will still be priced accordingly.
- *PB&J Sandwiches not served at all schools.



What's on YOUR plate?



Q: Why is it always a good idea to have a turkey in a band?

A: Because he brings his own drumsticks! Turkey drumsticks have dark meat because turkeys can't fly! Since turkeys get around by walking, their legs have higher levels of "myoglobin," which helps move oxygen to their muscles – and which also makes the meat in their legs darker. It doesn't make them better drummers, though!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wednesday, November 18

Breakfast
Sausage Biscuit

Lunch
Chicken Nuggets w/ Roll
Mashed Potatoes
Broccoli Florets
Fruit Cup

Pre-order by 11/16

Thursday, November 19

Breakfast
Breakfast Bun

Lunch
PB&J /Wow Sandwich* w/
Chips
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Fresh Fruit

Friday, November 20

Breakfast
Assorted Cereal

Lunch
Stuffed Crust Pizza
Garden Salad w/Ranch
Whole Kernel Corn
Fresh Fruit



Enjoy your break
No School 11/23-11/27

Happy Thanksgiving

Monday, November 30

Breakfast
Blueberry Mini Pancakes

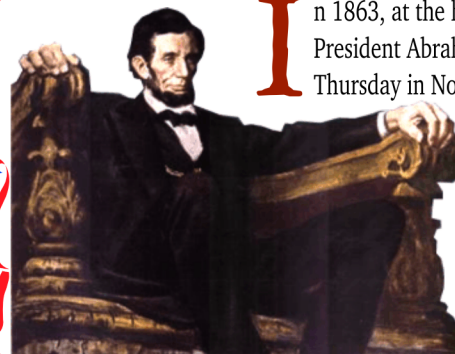
Lunch
Crispito w/Salsa
Pinto Beans
Grape Tomatoes w. Ranch
Fresh Fruit

Tuesday, December 1

Breakfast
Frosted Breakfast Pastry

Lunch
PB&J /Wow Sandwich* w/
Chips
Carrot Sticks w/Ranch
Celery Sticks w/Ranch
Fresh Fruit

OUR NATION'S HISTORY



In 1863, at the height of the Civil War, President Abraham Lincoln proclaimed the last Thursday in November the first official "National Day of Thanksgiving." Lincoln urged his fellow American citizens to help "heal the wounds of the nation" and look forward to "the full enjoyment of peace, harmony, tranquillity and Union."



WITH LIBERTY & JUSTICE FOR ALL