

Henry  
County  
Schools  
On Campus  
Menu

# Menus for February 2021

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  
Choice of Low Fat Milk

\*Pork products listed in pink.

## Featured Specials of the Day

### Monday, February 8

Breakfast Pizza, Breakfast Bun,  
Chicken Nuggets w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Broccoli Florets, Mashed Potatoes,  
Fruit Cup

### Tuesday, February 9

Sausage Biscuit, Assorted Cereal  
Stuffed Crust Pizza, Chicken Sandwich,  
Carrot Sticks w/ Ranch, Whole Kernel Corn,  
Fresh Fruit

### Wednesday, February 10

Breakfast Pizza, Breakfast Bun,  
Chicken Nuggets w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Broccoli Florets, Mashed Potatoes,  
Fresh Fruit

### Thursday, February 11

Sausage Biscuit, Assorted Cereal  
Stuffed Crust Pizza, Chicken Sandwich,  
Carrot Sticks w/ Ranch, Whole Kernel Corn,  
Fresh Fruit

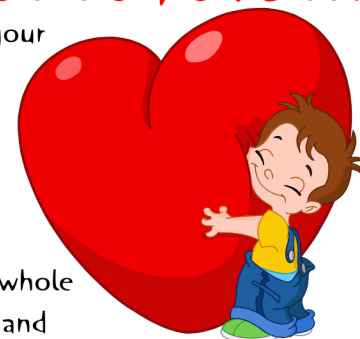
### Friday, February 12

Professional Learning Day-No School

HCS School Meal Prices	Breakfast	Lunch
Student Second Meals	\$1.75	\$3.25
MILK ONLY	\$0.40	\$0.40
Henry County Schools Staff	\$1.75	\$3.00
Adult Visitor	\$1.75	\$3.25

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



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

## CURBSIDE CHOW

Always delicious. Always FREE for all students.  
Always prepared for your family with love.

### WHAT

A nutritious variety of ready-to-eat and heat-at-home meals, plus fresh fruit, veggies, milk, and lots more

### WHEN

Wednesdays 11am-1pm (& Fri. 2/12) at your child's cluster school site (see school list below)

### WHERE

Dutchtown High	Locust Grove High
Hampton Middle	Eagles Landing Middle
Luella High	McDonough Middle
Ola High	Union Grove Middle
Stockbrige Middle	Woodland High

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

Because USDA funding will expire,  
please apply online  
for Free or Reduced-Priced Meals  
[schoolwires.henry.k12.ga.us/Page/110494](http://schoolwires.henry.k12.ga.us/Page/110494)

## YEAR OF THE OX



2021

The Chinese New Year  
begins with the new  
moon on February 12.  
2021 is the  
Year of the Ox.

# 1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King without a moustache.  
Happy Valentine's Day!



## HIRAM REVELS

Hiram Rhodes Revels became the first Black person to serve as a U.S. senator when he was sworn in in February 1870. Since then, only 10 other African-Americans have been senators, including Barack Obama, Kamala Harris, and Raphael Warnock, who was sworn in last month.

**AFRICAN AMERICAN HISTORY MONTH**  
Want to know more? Search for "Hiram Revels" on-line.

## Winter Break!

**NO SCHOOL**  
MON. FEB. 15-FRI. FEB. 19

**Classes Resume**  
Mon, Feb. 22

## Featured Specials of the Day

**Monday, February 22**  
Strawberry Mini Pancakes, Assorted Cereal  
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Broccoli Florets, Mashed Potatoes, Fresh Fruit

**Tuesday, February 23**  
Chicken Biscuit, Frosted Breakfast Pastry, Crisritos w/ Salsa, Corn Dog, Black Beans, Carrot Sticks w/ Ranch, Fruit Cup

**Wednesday, February 24**  
Strawberry Mini Pancakes, Assorted Cereal  
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips, Broccoli Florets, Mashed Potatoes, Fresh Fruit

**Thursday, February 25**  
Chicken Biscuit, Frosted Breakfast Pastry, Crisritos w/ Salsa, Corn Dog, Black Beans, Carrot Sticks w/ Ranch, Fruit Cup

**Friday, February 26-Remote Learning Day**  
Manager's Choice Breakfast & Lunch

Happy Valentine's Day, February 14!  
Remember to shower the people you love with love! It's more important than ever, and you'll feel better, too!

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**WELLNESS IS A WAY OF LIFE!**

## WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.  
Happy Presidents Day!

## What's on YOUR plate?

## HARVEST OF THE MONTH:

# FRUIT

## Oranges

Oranges are the primary source of vitamin C for most Americans, and oranges also contain folacin and many other nutrients. Eating the whole fruit (instead of just drinking orange juice) also provides fiber.

# OF THE MONTH