



MENUS FOR OCTOBER 2022

Henry County Elementary Schools

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

APPLY ONLINE NOW
FOR FREE OR REDUCED PRICE
SCHOOL MEALS!

School Meals Rock!



FOR INSTRUCTIONS VISIT:

SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049

Celebrate

National School
LUNCH WEEK

OCT. 10-14
2022



#NSLW22 | #peaceloveschoollunch



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, October 3

- Strawberry Mini Pancakes, Assorted Cereal,
- 1. **BBQ** Sandwich, 2. Hot Dog, Coleslaw,
- Baked Beans, Pineapple Tidbits

Tuesday, October 4

- WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,
- 1. Garden Salad w/ Chicken, 2. Mini Corn Dogs,
- 3. Deli Turkey Sandwich, Seasoned Fries,
- Carrot Sticks w/ Ranch, Mandarin Oranges

Wednesday, October 5

- Sausage Biscuit, Assorted Cereal,
- 1. Chicken Nuggets w/ Roll, 2. PBJ/Wow Sandwich
- w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, October 6

- Blueberry Pancake Stick, Breakfast Bun
- 1. **Manager's Choice** Entree, 2. PBJ/Wow Sandwich w/ Chips,
- Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, October 7

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

Featured Specials of the Day

NATIONAL SCHOOL LUNCH WEEK

Monday, October 10

- Blueberry Mini Pancakes, Assorted Cereal,
- 1. Chicken & Waffles, 2. PBJ/Wow Sandwich w/ Chips,
- Potato Tots, Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, October 11

- WG Muffin w/ Yogurt, Breakfast Frudel,
- 1. Cheeseburger, 2. Deli Turkey Sandwich,
- 3. Garden Salad w/ Chicken, Seasoned Fries,
- Garden Salad w/ Ranch, Mandarin Oranges

Wednesday, October 12

- Sausage Biscuit, Assorted Cereal,
- 1. Popcorn Chicken w/ Roll, 2. Chicken Sandwich,
- 3. PBJ/Wow Sandwich w/ Chips, Steamed Broccoli,
- Scalloped Potatoes, Fresh Apple

Thursday, October 13

- Breakfast Pizza, Frosted Breakfast Pastry,
- 1. Beefy Nachos, 2. Crisпитos, Black Beans,
- Salsa, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, October 14-EARLY RELEASE DAY

- Breakfast Bun, Assorted Cereal,
- PBJ/Wow Sandwich Sack Lunch

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

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, October 17

Strawberry Mini Pancakes, Assorted Cereal,
1. BBQ Sandwich, 2. Hot Dog, Coleslaw,
Baked Beans, Pineapple Tidbits

Tuesday, October 18

WG Muffin w/ Yogurt, Breakfast Bun,
1. Macaroni & Cheese Entree, 2. Garden Salad
w/ Chicken, 3. Corn Dog, Sweet Peas
Carrot Sticks w/ Ranch, Sliced Pears

Wednesday, October 19

Sausage Biscuit, Assorted Cereal,
1. Chicken Nuggets w/ Roll, 2. PBJ/Wow Sandwich
w/ Chips, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, October 20

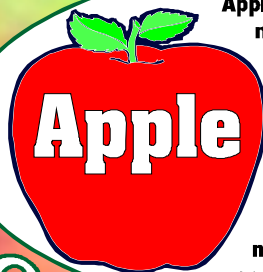
Blueberry Pancake Stick, Mini Bagels w/ Cream Cheese,
1. Spaghetti w/ Garlic Toast, 2. PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, October 21

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

LOCAL HARVEST OF THE MONTH

FRUIT



Apples are a member of the rose family! They supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice.

OF THE MONTH

BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program is headed this year: back to pre-pandemic days. Federal free meal waivers for all students expired June 2022 so in July, we began asking families that may qualify for free or reduced priced meals to please apply (you'll be able to do that on our website, and in other ways).

We were THRILLED so many of our families started eating with us during the pandemic, and we want you to come back for more! We have always emphasized quality, service, convenience, and healthfulness, and that won't change one bit moving forward. But first, we encourage you to apply for free meals if you think your family might qualify. You can find instructions on our website: schoolwires.henry.k12.ga.us/Page/110494

MY SCHOOL BUCKS

- ✓ Check balances
- ✓ View purchases
- ✓ Pay with a credit card

The Simple Way to Pay FOR STUDENT MEALS

VIEW WEBSITE ►

Featured Specials of the Day

Monday, October 24

Blueberry Mini Pancakes, Assorted Cereal,
1. Crisitos w/ Salsa, 2. Max Snax Tacos w/ Salsa,
3. PBJ/Wow Sandwich w/ Chips, Black Beans,
Cucumber Salad, Pineapple Tidbits

Tuesday, October 25

WG Muffin w/ Yogurt, Breakfast Frudel
1. Chicken Sandwich, 2. Garden Salad w/ Chicken,
3. Deli Turkey Sandwich, Potato Tots,
Carrot Sticks w/ Ranch, Mandarin Oranges

Wednesday, October 26

Sausage Biscuit, Frosted Breakfast Pastry,
1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich w/ Chips,
Steamed Broccoli, Scalloped Potatoes, Fresh Apple

Thursday, October 27

Manager's Choice, Assorted Cereal,
1. Orange Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Sweet Peas, Frozen Juice Cup

Friday, October 28

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

Monday, October 31

Strawberry Mini Pancakes, Assorted Cereal,
1. BBQ Sandwich, 2. Hot Dog, Coleslaw,
Baked Beans, Pineapple Tidbits

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!