

**Henry County Schools  
High School On Campus Students**

# MENUS FOR MARCH 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.

**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](https://schoolwires.henry.k12.ga.us/Page/110494)

### Featured Specials of the Day

**Monday, March 1**

Strawberry Mini Pancakes, Assorted Cereal,  
MaxSnax Tacos w/ Salsa, PBJ/Wow Sandwich  
w/ Chips, Black Beans, Grape Tomatoes  
w/ Ranch, Fruit Cup

**Tuesday, March 2**

Breakfast Pizza, Mini Donuts Stuffed Crust Pizza,  
Grilled Chicken Garden Salad, PBJ/Wow Sandwich  
w/ Chips, Whole Kernel Corn, Garden Salad  
w/ Ranch, Fresh Fruit

**Wednesday, March 3**

Sausage Biscuit, Assorted Cereal,  
Spaghetti w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Carrot Sticks w/ Ranch, Fresh Fruit

**Thursday, March 4**

Breakfast Pizza, Mini Donuts, Stuffed Crust Pizza,  
Grilled Chicken Garden Salad, PBJ/Wow Sandwich  
w/ Chips, Whole Kernel Corn, Garden Salad  
w/ Ranch, Fresh Fruit

**Friday, March 5**

Manager's Choice

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

### Celebrate National School Breakfast Week!



### Featured Specials of the Day

**Monday, March 8**

Blueberry Mini Pancakes, Assorted Cereal,  
Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,  
Pinto Beans, Grape Tomatoes w/ Ranch, Fresh Fruit

**Tuesday, March 9**

Breakfast Pizza, Frosted Breakfast Pastry,  
Chicken Sandwich, Deli Turkey Sandwich w/ Chips,  
Potato Tots, Celery Sticks w/ Ranch, Fruit Cup

**Wednesday, March 10**

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

**Thursday, March 11**

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

**Friday, March 12– No School  
Professional Learning Day**



## Featured Specials of the Day

**Monday, March 15**

Strawberry Mini Pancakes, Assorted Cereal,  
MaxSnax Tacos w/ Salsa, PBJ/Wow Sandwich  
w/ Chips, Black Beans, Grape Tomatoes  
w/ Ranch, Fresh Fruit

**Tuesday, March 16**

Mini Pancake Wraps, Frosted Breakfast Pastry,  
Cheeseburger, Deli Turkey Sandwich w/ Chips,  
Seasoned Fries, Celery Sticks w/ Ranch, Fruit Cup

**Wednesday, March 17**

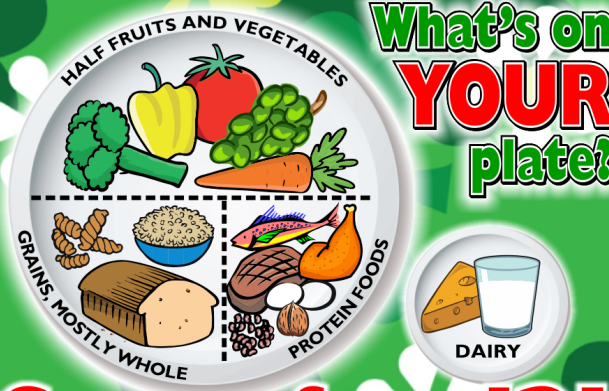
Sausage Biscuit, Assorted Cereal, Chicken  
Nuggets w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Mashed Potatoes, Fresh Fruit

**Thursday, March 18**

Breakfast Pizza, Mini Donuts, Beefy Nachos  
w/ Salsa, Deli Turkey Sandwich w/ Chips, Celery Sticks  
w/ Ranch, Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, March 19**

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



## Superfood?!

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate.

Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**eatfit** wanna stay fit?  
gotta eat right!



**item:** fruits & veggies  
**verdict:** go green

**tip:** Go ahead and eat as much of any of these babies as you want – green, sure, but red, yellow, purple, and every other color, too. Go for the greens with every meal and every snack!



## Featured Specials of the Day

**Monday, March 22**

Blueberry Mini Pancakes, Assorted Cereal,  
Crispitos w/ Salsa, PBJ/Wow Sandwich w/ Chips,  
Pinto Beans, Grape Tomatoes w/ Ranch, Orange Slices

**Tuesday, March 23**

Breakfast Pizza, Frosted Breakfast Pastry,  
Manager's Choice, Corn Dog  
Potato Tots, Celery Sticks w/ Ranch, Apple Slices

**Wednesday, March 24**

Sausage Biscuit, Assorted Cereal, Spaghetti w/ Roll,  
PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Carrot Sticks w/ Ranch, Tangerine

**Thursday, March 25**

Mini Pancake Wraps, Breakfast Bun, Fiesta Chicken w/ Rice,  
Deli Turkey Sandwich w/ Chips, Celery Sticks w/ Ranch,  
Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, March 26**

Chicken Biscuit, Assorted Cereal, Stuffed Crust Pizza,  
Grilled Chicken Garden Salad, PBJ/Wow Sandwich  
w/ Chips, Whole Kernel Corn, Garden Salad  
w/ Ranch, Red Pear

**Monday, March 29**

Strawberry Mini Pancakes, Assorted Cereal,  
MaxSnax Tacos w/ Salsa, PBJ/Wow Sandwich w/ Chips,  
Black Beans, Grape Tomatoes w/ Ranch, Orange Slices

**Tuesday, March 30**

Mini Pancake Wraps, Frosted Breakfast Pastry,  
Cheeseburger, Manager's Choice,  
Seasoned Fries, Celery Sticks w/ Ranch, Tangerine

**Wednesday, March 31**

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