

**Henry County Schools
Middle 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

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, Fresh Fruit

Tuesday, March 2

Mini Pancake Wraps, Frosted Breakfast Pastry,
Cheeseburger, Deli Turkey Sandwich w/ Chips,
Seasoned Fries, Celery Sticks 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,
Grilled Chicken Sandwich w/ BBQ Sauce, Hot Dog,
Potato Tots, Carrot Sticks w/ Ranch, Fresh Fruit

Friday, March 5

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

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



What's on
YOUR
plate?

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.CHOOSMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



eat fit 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!



SCORE BIG WITH SCHOOL BREAKFAST

Featured Specials of the Day

Monday, March 22

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

Tuesday, March 23

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

Wednesday, March 24

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

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, Fresh Fruit

Monday, March 29

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

Tuesday, March 30

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

Wednesday, March 31

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