

# MENUS FOR OCTOBER 2020

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

## Henry County Schools Remote Learners Menu

Pick up your pre-ordered 5 meal bundles Wednesdays from your school!

Wednesday, Sept. 30

### Breakfast

Breakfast Pizza

### Lunch

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

Pre-order by 9/28

Thursday, October 1

### Breakfast

Mini Bagels w/ Cream Cheese

### Lunch

**BBQ Sandwich**  
Carrot Sticks w/ Ranch,  
Celery Sticks w/ Ranch,  
Frozen Juice Cup

Friday, October 2

### Breakfast

Assorted Cereal

### Lunch

Pizza  
Garden Salad w/ Ranch,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

Monday, October 5

### Breakfast

Blueberry Mini Pancakes

### Lunch

Crispitos  
Black Beans & Corn Salsa,  
Celery Sticks w/ Ranch,  
Fresh Fruit

Tuesday, October 6

### Breakfast

Frosted Breakfast Pastry

### Lunch

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

Wednesday, Oct. 7

### Breakfast

Sausage Biscuit

### Lunch

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

Pre-order by 10/5

Thursday, October 8

### Breakfast

Breakfast Bun

### Lunch

Hot Dog,  
Carrot Sticks w/ Ranch,  
Celery Sticks w/ Ranch,  
Frozen Juice Cup

Friday, October 9

### Breakfast

Assorted Cereal

### Lunch

Pizza,  
Garden Salad w/ Ranch,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

Monday, October 12

### Breakfast

Strawberry Mini Pancakes

### Lunch

MaxSnax Tacos,  
Black Beans & Corn Salsa,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

Tuesday, October 13

### Breakfast

Mini Bagels w/ Cream Cheese

### Lunch

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

## DON'T 4 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 PROVIDED.

MY SCHOOL BUCKS

The Simple Way to Pay FOR STUDENT MEALS

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

VIEW WEBSITE ▶

## AVAILABLE DAILY

Breakfast (in blue):

Assorted Cereal  
Fresh Fruit  
100% Fruit Juice  
Choice of Low Fat Milk

Lunch:

Fresh Fruit  
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 Dec. 31st or sooner, please apply online for Free or Reduced-Priced Meals [schoolwires.henry.k12.ga.us/Page/110494](https://schoolwires.henry.k12.ga.us/Page/110494)

\*Second meals, adult meals, and a la carte items will still be priced accordingly.



**HEY, KIDS!**  
PLEASE JOIN US FOR NATIONAL SCHOOL LUNCH WEEK!

**NOW PLAYING: SCHOOL LUNCH**  
ADMIT ONE

**OCTOBER 12-16, 2020**

**Wednesday, October 14**

**Breakfast**  
Sausage Biscuit

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

**Pre-order by 10/12**

**Thursday, October 15**

**Breakfast**  
Mini Bagels w/ Cream Cheese

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

**Friday, October 16**

**Breakfast**  
Assorted Cereal

**Lunch**  
Pizza  
Garden Salad w/ Ranch,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

**Monday, October 19**

**Breakfast**  
Blueberry Mini Pancakes

**Lunch**  
Crispitos w/ Salsa  
Pinto Beans,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

**Tuesday, October 20**

**Breakfast**  
Frosted Breakfast Pastry

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

LOCAL HARVEST OF THE MONTH

**VEGETABLE OF THE MONTH**

**Broccoli**

When it comes to nutrition, this guy's a real heavyweight! He's rich in vitamins and minerals and contains loads of cancer-fighting beta-carotene. Plus, by weight fresh broccoli has more vitamin C than an orange and as much calcium as milk! Get lifting!

**Wednesday, October 21**

**Breakfast**  
Chicken Biscuit

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

**Pre-order by 10/19**

**Thursday, October 22**

**Breakfast**  
Breakfast Bun

**Lunch**  
Cheeseburger  
Carrot Sticks w/ Ranch,  
Celery Sticks w/ Ranch,  
Frozen Juice Cup

**Friday, October 23**

**Breakfast**  
Assorted Cereal

**Lunch**  
Pizza  
Garden Salad w/ Ranch,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

**Monday, October 26**

**Breakfast**  
Strawberry Mini Pancakes

**Lunch**  
Beefy Nachos w/ Salsa,  
Black Beans,  
Carrot Sticks w/ Ranch,  
Fresh Fruit

**Tuesday, October 27**

**Breakfast**  
Breakfast Frudel

**Lunch**  
PB&J/Wow Sandwich  
w/ Chips,  
Grape Tomatoes w/ Ranch,  
Celery Sticks w/ Ranch,  
Fresh Fruit

**Wednesday, October 28**

**Breakfast**  
Sausage Biscuit

**Lunch**  
Chicken Nuggets w/ Roll  
Mashed Potatoes,  
Broccoli Florets,  
Honeydew Melon

**Pre-order by 10/26**

**Thursday, October 29**

**Breakfast**  
Mini Bagels w/ Cream Cheese

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

**Friday, October 30**

**Breakfast**  
Assorted Cereal

**Lunch**  
Pizza  
Garden Salad w/ Ranch,  
Whole Kernel Corn,  
Fresh Fruit

**BE ALERT & PLEASE STAY SAFE!**

**Happy Halloween!**

**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**  
**Professional Learning Day**