

# Menus for September 2023

Henry County  
High Schools

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

Stuffed Crust Pizza

Chicken Wrap

Choice of Low Fat Milk

\*Pork products listed in **pink**.



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

**Introducing: Our New School  
Meal Payment System. Click LINQ  
Below or visit: [linqconnect.com](http://linqconnect.com)**

**LINQ Connect**  
ONLINE PORTAL

## Featured Specials of the Day

**Monday, No School**



**Tuesday, September 5**

WG Muffin w/ Yogurt, Breakfast Frudel

1.Chicken Sandwich, 2.Mini Corn Dogs,  
Carrot Sticks w/ Ranch,  
Baked Beans, Watermelon Chunks

**Wednesday, September 6**

Sausage Biscuit, Assorted Cereal,

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

**Thursday, September 7**

Breakfast Pizza, Breakfast Bun

1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips,  
Carrot Sticks w/ Ranch, Green Peas  
Frozen Juice Cup

**Friday, September 8**

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza,  
2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog  
Whole Kernel Corn, Garden Salad w/ Ranch,  
100%Fruit Juice

## OFFER vs SERVE

The Five Meal Components for School Lunch

Choose at least 3 including:

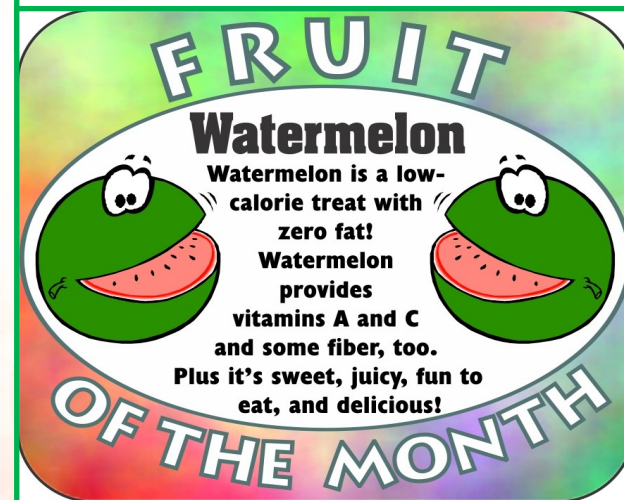


• ½ Cup of **Fruits**  
or **Vegetables**

• At Least 2 **Other**  
**Food Groups**

For best nutrition, **CHOOSE ALL 5**

## LOCAL HARVEST OF THE MONTH



**APPLY ONLINE NOW  
FOR FREE OR REDUCED PRICE  
SCHOOL MEALS!**



FOR INSTRUCTIONS VISIT:

[SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049](http://SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049)





Remembering our  
Heroes on  
September 11,  
and showing  
our support  
for them  
all year  
round.



## Featured Specials of the Day

### Monday, September 11

Blueberry Mini Pancakes, Assorted Cereal,

1. Crispitos 2. PBJ/Wow Sandwich w/ Chips,  
Black Beans, Carrot Sticks w/ Ranch, Sliced Pears

### Tuesday, September 12

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,

1. Cheeseburger, 2. Deli Turkey Sandwich, Garden  
Salad w/ Chicken, Seasoned Fries, Garden Salad w/ Ranch,  
Sliced Peaches

### Wednesday, September 13

Sausage Biscuit, Assorted Cereal,

1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich  
w/ Chips, Steamed Broccoli, Mashed Potatoes,  
Fresh Apple

### Thursday, September 14

Mini Pancake Wraps, Frosted Breakfast Pastry,

1. Chicken w/ Mac & Cheese, 2. PBJ/Wow Sandwich w/ Chips,  
Carrot Sticks w/ Ranch, Green Beans  
Frozen Juice Cup

### Friday, September 15

Chicken Biscuit, Assorted Cereal, 1. Stuffed Crust Pizza, 2. PBJ/  
Wow Sandwich w/ Chips, 3. Hot Dog Whole Kernel Corn,  
Garden Salad w/ Ranch, 100% Fruit Juice

## Fall Break

### No School

September 18-  
September 22, 2023

Classes Resume:  
Monday, Sept. 25

# eatfit

wanna stay fit?  
gotta eat right!

item: sunshine

verdict: bake, don't burn

tip: Did you know you  
can get "nutrition" from  
the sun? Your skin creates  
vitamin D when exposed  
to sunlight. Just 5 to 30  
minutes of (non-burning)  
sun exposure between  
10 AM and 3 PM twice a  
week will do the trick,  
and it's totally fat and calorie free!



## Featured Specials of the Day

### Monday, September 25

Strawberry Mini Pancakes, Breakfast Bun

1. BBQ Sandwich, 2. Mini Corn Dogs,  
Carrot Sticks w/ Ranch, Baked Beans,  
Pineapple Tidbits

### Tuesday, September 26

WG Muffin w/ Yogurt, Breakfast Frudel

1. Chicken Sandwich, 2. Deli Turkey Sandwich,  
3. Garden Salad w/ Chicken, Potato Tots,  
Garden Salad w/ Ranch,  
Mandarin Oranges

### Wednesday, September 27

Sausage Biscuit, Assorted Cereal,

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

### Thursday, September 28

Blueberry Pancake Stick, Frosted Breakfast Pastry,

1. Beefy Nachos, 2. PBJ/Wow Sandwich w/ Chips,  
Black Beans, Salsa, Lettuce & Tomatoes,  
Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, September 29

Chicken Biscuit, Assorted Cereal,

1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips,  
3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch,  
100% Fruit Juice

See "Available Daily" Options  
on Page 1