

**Henry County  
High Schools**

# Menus for December 2021

Henry County  
School Nutrition

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.

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

**DON'T GET!**  
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

**Wednesday, December 1**

Sausage Biscuit, Assorted Cereal,

Chicken Nuggets w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Mashed Potatoes, Mandarin Oranges

**Thursday, December 2**

Apple Cinnamon Bread, Frosted Breakfast Pastry,

Ravioli w/ Roll, Corn Dog, Green Beans,  
Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, December 3**

Chicken Biscuit, Assorted Cereal,

Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch, 100% Juice

**Monday, December 6**

Strawberry Mini Pancakes, Assorted Cereal,

Fiesta Chicken & Rice Deli Turkey Sandwich w/ Chips,  
Sweet Green Peas, Carrot Sticks w/ Ranch, Pineapple Tidbits

**Tuesday, December 7**

WG Muffin w/ Yogurt, Breakfast Frudel,

Mini Corn Dogs, Deli Turkey Sandwich, Seasoned Fries,  
Garden Salad w/ Ranch, Sliced Pears

**Wednesday, December 8**

Sausage Biscuit, Assorted Cereal,

Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Mashed Potatoes, Fresh Tangerine

**Thursday, December 9**

Breakfast Bun, Frosted Breakfast Pastry,

Beefy Nachos w/ Salsa, Corn Dog, Pinto Beans,  
Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, December 10**

Chicken Biscuit, Assorted Cereal,

Stuffed Crust Pizza, PBJ/Wow Sandwich w/ Chips,  
Whole Kernel Corn, Garden Salad w/ Ranch, 100% Juice

# Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

**School Meals**  
We serve education every day™

# eat fit

wanna stay fit?

gotta eat right!

**item:** sugar cookies

**verdict:** doughn't!



**tip:** We're not the Grinch, so we're not going to tell you not to eat ANY holiday cookies. Have a few – but for cryin' out loud "doughn't" sit down with the tin and cram in two dozen at a time!

Based on three one-ounce cookies



# COLD ≠ COLD.

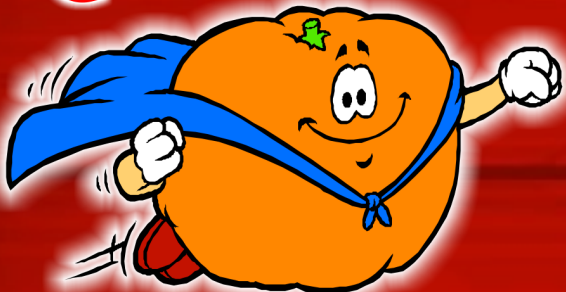
Cold weather doesn't cause colds – viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don't want to get sick, you should remember to wash your hands!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



**Q: Why did Super Orange lose the big race around the world?**



**A: He just ran out of juice! Don't let this happen to you – juice makes a tasty fruit serving!**

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)

## Featured Specials of the Day

**Monday, December 13**

Blueberry Mini Pancakes, Assorted Cereal,  
BBQ Sandwich, Hot Dog,  
Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

**Tuesday, December 14**

WG Muffin w/ Yogurt, Mini Bagel w/ Cream Cheese  
Cheeseburger, Deli Turkey Sandwich, Seasoned Fries,  
Carrot Sticks w/ Ranch, Sliced Peaches

**Wednesday, December 15**

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

**Thursday, December 16**

Apple Cinnamon Bread, Frosted Breakfast Pastry,  
Turkey & Dressing, Manager's Choice Entree, Green Beans,  
Sweet Potatoes, Cranberry Sauce, Frozen Juice Cup

**Friday, December 17**

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

**Monday, December 20**

Strawberry Mini Pancakes, Assorted Cereal,  
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips,  
Steamed Broccoli, Mashed Potatoes, Pineapple Tidbits

**Tuesday, December 21**

Sausage Biscuit, Assorted Cereal,  
Spaghetti w/ Garlic Toast, PBJ/Wow Sandwich w/ Chips,  
Carrot Sticks w/ Ranch, Green Beans, Sliced Peaches

**Wednesday, December 22-Half Day**

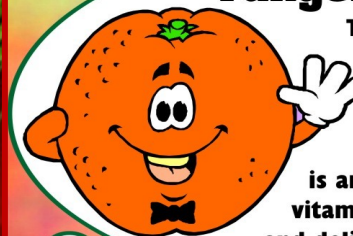
Mini Bagel w/ Cream Cheese, Assorted Cereal,  
Deli Turkey or PBJ/Wow Sandwich Sack Lunch  
OR

Stuffed Crust Pizza Grab & Go Tray

## HARVEST OF THE MONTH:

# FRUIT

## Tangerine



This juicy fellow is easier to peel than his close cousin, the orange, and, like all oranges, is an excellent source of vitamin C. He's sweet and delicious!

# OF THE MONTH



This holiday season, here's hoping we can all help keep each other safe and happy!

**NO SCHOOL DEC. 23-JAN. 7**

**See you on Jan.10, 2022!**