

Menus for September 2021

Henry County Elementary Schools
On Campus Students

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.

Because school meal status has many benefits,
Visit our website to apply online for
free and reduced-price meals in our district:
schoolwires.henry.k12.ga.us/Page/110494

*1 complete breakfast & 1 lunch is always
NO CHARGE
for all students
Through June 2022

*2nd Meals and a la carte items are not free.

Featured Specials of the Day

Wednesday, September 1

Sausage Biscuit, Assorted Cereal,

Chicken Nuggets w/ Roll, PBJ/Wow Sandwich w/ Chips,
Broccoli Florets w/ Ranch, Mashed Potatoes, Sliced Peaches

Thursday, September 16

Mini Bagels w/ Cream Cheese, Manager's Choice,
Beefy Nachos w/ Salsa, Manager's Choice Entree, Celery Sticks
w/ Ranch, Grape Tomatoes w/ Ranch, Fresh Nectarine

Friday, September 3

No School

Monday, September 6

★ LABOR DAY ★

Tuesday, September 7

Strawberry Mini Pancakes, Assorted Cereal,
Max Snax Tacos w/ Salsa, Manager's Choice Entree,
Black Beans, Carrot Sticks w/ Ranch, Fresh Plum

Wednesday, September 8

Sausage Biscuit, Assorted Cereal,

Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips,
Broccoli Florets w/ Ranch, Mashed Potatoes, Mandarin Oranges

Thursday, September 9

Breakfast Bun, Manager's Choice,
Hot Dog, Manager's Choice Entree, Seasoned Fries,
Carrot Sticks w/ Ranch, Pineapple Tidbits

Friday, September 10

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

NUTRITION TO GO

Tomatoes are one of the few foods
that contain lycopene, which studies
have shown to help prevent cancer.
Your body absorbs more lycopene
when a meal also contains a little fat,
perhaps from olive oil or cheese.
Cooked or processed tomatoes
(as in tomato sauce) also
increase lycopene
absorption.

A QUICK BITE FOR PARENTS

eat fit
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!



| 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 |

Featured Specials of the Day

Monday, September 13

Strawberry Mini Pancakes, Assorted Cereal,
Chicken Sandwich, **Manager's Choice Entree**,
Celery Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, September 14

Breakfast Fruedel, Assorted Cereal,
Corn Dog, **Manager's Choice Entree**,
Potato Tots, Carrot Sticks w/ Ranch, Fresh Peach

Wednesday, September 15

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

Thursday, September 16

Mini Bagels w/ Cream Cheese, **Manager's Choice**,
Chicken Nachos w/ Salsa, **Manager's Choice Entree**,
Celery Sticks w/ Ranch, Grape Tomatoes w/ Ranch,
Sliced Pears

Friday, September 17

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



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

LOCAL HARVEST OF THE MONTH

VEGETABLE

Tomato



Did you know
that tomatoes are
really fruits, not
vegetables? Whatever
they are, they're good to
eat and good for you! In
fact, tomatoes are our
leading "vegetable" source
of vitamin C.

OF THE MONTH

★ OUR NATION'S HISTORY ★

Christa McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space.

She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986. She had taught Social Studies and even designed a class for her students called "The American Woman." Christa was born on September 2, 1948 and would have been 70 years old this month.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the Day

Monday, September 27

Blueberry Mini Pancakes, Assorted Cereal,
Max Snax Tacos w/ Salsa, **Manager's Choice Entree**,
Black Beans, Grape Tomatoes w/ Ranch,
Sliced Peaches

Tuesday, September 28

WG Muffin, **Manager's Choice**,
Cheeseburger, **Manager's Choice Entree**, Seasoned Fries,
Carrot Sticks w/ Ranch, Fresh Apple

Wednesday, September 29

Sausage Biscuit, Assorted Cereal,
Popcorn Chicken w/ Roll, PBJ/Wow Sandwich w/ Chips,
Broccoli Florets w/ Ranch, Mashed Potatoes,
Mandarin Oranges

Thursday, September 30

Frosted Breakfast Pastry, **Manager's Choice**,
Spaghetti w/ Garlic Toast, **Manager's Choice Entree**,
Celery Sticks, Carrot Sticks w/ Ranch, Pineapple Tidbits

Friday, October 1

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

**NO
SCHOOL**

**Fall
Break
Sept. 20th-
Sept. 24th**

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!