

**Henry County  
Elementary Schools**

**Menus for  
November  
2021**

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

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

**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.

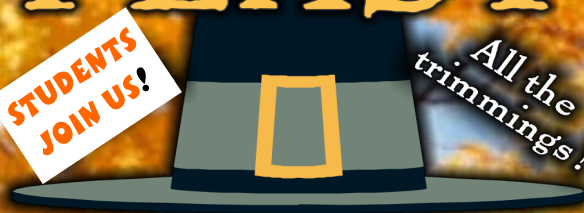


**Supply and demand.**

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™

**THANKSGIVING  
FEAST**



**Thursday, November 4**

**LOCAL HARVEST OF THE MONTH**

**VEGETABLE  
Sweet Potatoes**

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious veggies of all. They have a natural, delightful sweetness that increases with storage and with cooking.



**OF THE MONTH**

**Featured Specials of the Day**

**Monday, November 1**

- Strawberry Mini Pancakes, Assorted Cereal,
- Max Snax Tacos w/ Salsa, **Manager's Choice Entree**,
- Black Beans, Carrot Sticks w/ Ranch,
- Pineapple Tidbits

**Tuesday, November 2**

No School, Professional Work Day

**Wednesday, November 3**

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

**Thursday, November 4**

- WG Muffin w/ Yogurt, **Manager's Choice**,
- Turkey & Dressing, **Manager's Choice Entree**,
- Green Beans, Sweet Potatoes, Cranberry Sauce,
- Frozen Juice Cup

**Friday, November 5**

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

## Featured Specials of the Day

**Monday, November 8**

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

**Tuesday, November 9**

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

**Wednesday, November 10**

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

**Thursday, November 11**

Apple Cinnamon Bread, Frosted Breakfast Pastry,  
Beefy Nachos w/ Salsa, Corn Dog, Pinto Beans,  
Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, November 12**

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

## TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting!

But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories - and enjoy some fresh air, too!



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

## WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries - but they'll also consume insects, frogs, lizards, and snakes.



**ANIMAL APPETITES**

## Featured Specials of the Day

**Monday, November 15**

Strawberry Mini Pancakes, Assorted Cereal,  
Fiesta Chicken & Rice, Deli Turkey Sandwich w/ Chips,  
Black Eyed Peas, Carrot Sticks w/ Ranch, Pineapple Tidbits

**Tuesday, November 16**

WG Muffin w/ Yogurt, Breakfast Frudel,  
Spaghetti w/ Garlic Toast, Chicken Sandwich,  
Garden Salad w/ Ranch, Glazed Carrots, Sliced Peaches

**Wednesday, November 17**

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

**Thursday, November 18**

Apple Cinnamon Bread, Frosted Breakfast Pastry,  
Mac & Cheese Entrée, Mini Corn Dogs,  
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

**Friday, November 19**

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

**Monday, November 29**

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

**Tuesday, November 30**

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

**DON'T 4GET!**

Take at least ONE

**FRUIT** or  
**VEGGIE**

and at least THREE  
items total so your meal  
counts as a complete lunch!



**ENJOY YOUR  
BREAK WEEK  
NOV. 22-26TH**