

# Menus for September 2024



**Henry County Elementary Schools**

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

## Available Daily

### Breakfast (in blue):

Assorted Cereal  
100% Fruit Juice  
Choice of Low Fat Milk

### Lunch:

Choice of Low Fat Milk

\*Pork products listed in pink.



## Featured Specials of the Day

**Monday, September 2**

### ★ LABOR DAY ★

**Tuesday, September 3**

Mini Cinni Bagel , WG Muffin w/ Yogurt,

1.Cheeseburger, 2.Deli Turkey Sandwich, 3.Garden Salad w/  
Chicken, Seasoned Fries, Lettuce &  
Tomatoes, Mandarin Oranges

**Wednesday, September 4**

Sausage Biscuit, Breakfast Frudel

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

**Thursday, September 5**

Blueberry Pancake Stick, WG Muffin w/ Yogurt,

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

**Friday, September 6**

Chicken Biscuit, Frosted Breakfast Pastry

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

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

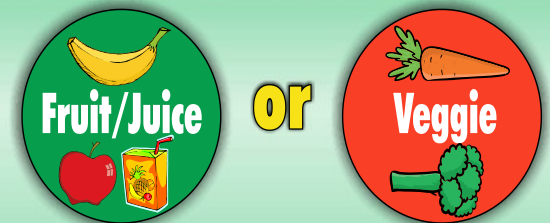
School Meals Rock!

For instructions visit:

[www.henry.k12.ga.us/Page/110494](http://www.henry.k12.ga.us/Page/110494)

# DON'T GET!

## To make a lunch, choose at least one



and 3-5  
items  
total

**HENRY COUNTY SCHOOLS**

2024-2025: School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.40	\$2.65
Students Grades 6-12	\$1.40	\$2.75
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.50	\$4.00
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.50	\$4.00

# LINQ Connect

Online School Meal Payment Portal: [Linqconnect.com](http://Linqconnect.com)

## Featured Specials of the Day

### Monday, September 9

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos
2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Banana

### Tuesday, September 10

Strawberry Mini Pancakes, WG Muffin w/ Yogurt

1. Spicy Chicken Sandwich,
2. Chicken Sandwich
3. Garden Salad w/ Chicken, Garden Salad w/ Ranch, Potato Tots, Applesauce

### Wednesday, September 11

Sausage Biscuit, Mini Bagel w/ Cream Cheese

1. Popcorn Chicken w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. Ravioli w/ Roll, Steamed Broccoli, Mashed Potatoes, Local Granny Smith Apple

### Thursday, September 12

WG Muffin w/ Yogurt, Breakfast Pizza

1. Beefy Nachos w/ Salsa
2. PBJ/Wow Sandwich w/ Chips, Pinto Beans,
- Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, September 13

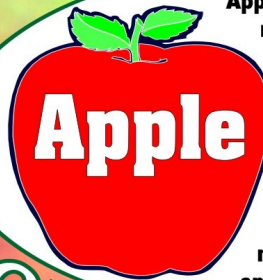
Chicken Biscuit, Frosted Breakfast Pastry

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

Please see other page  
for items available daily

## LOCAL HARVEST OF THE MONTH

# FRUIT



Apples are a member of the rose family! They supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice.

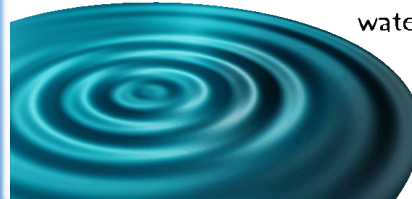
# OF THE MONTH



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

## RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



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

# NO SCHOOL

## Fall Break Sept. 16th- Sept. 20th

## Featured Specials of the Day

### Monday, September 23

Sausage Biscuit, Chicken Biscuit,

1. Chicken Sandwich,
2. Mini Corn Dogs, Sweet Potato Fries, Baked Beans, Pineapple Tidbits

### Tuesday, September 24

Breakfast Bun, Breakfast Frudel

1. Cheeseburger,
2. Deli Turkey Sandwich, Seasoned Fries, Lettuce & Tomatoes, Sliced Peaches

### Wednesday, September 25

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

### Thursday, September 26

Blueberry Mini Pancakes, WG Muffin w/ Yogurt

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

### Friday, September 27

Chicken Biscuit, Frosted Breakfast Pastry

1. Lemon Pepper Chicken Wings w/ Roll
2. PBJ/Wow Sandwich w/ Chips,
3. Stuffed Crust Pizza, Whole Kernel Corn, Celery Sticks w/ Ranch, 100% Fruit Juice

### Monday, September 30

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos
2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Sliced Pears, Birthday Treat-Ice Cream Cup