

**Henry County
Middle Schools**

Menus for November 2024

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.



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



**SUNDAY,
NOV. 3
DON'T
FORGET
TO SET
YOUR
CLOCKS BACK**

Featured Specials of the Day

Monday, November 4

Sausage Biscuit, Chicken Biscuit,

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



Tuesday, November 5

NO SCHOOL TODAY

Wednesday, November 6

Sausage Biscuit, Breakfast Frudel

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

Thursday, November 7

Apple Cinnamon Toast, WG Muffin w/ Yogurt,

1. Turkey & Dressing,
2. PBJ/Wow Sandwich w/ Chips, Green Beans, Sweet Potatoes, Cranberry Sauce, Frozen Juice Cup

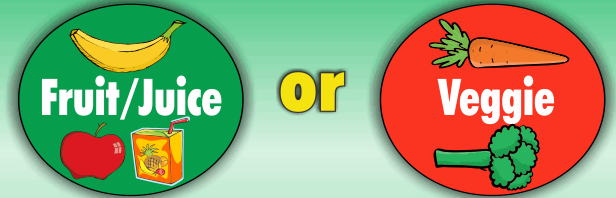
Friday, November 8

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

DON'T 4GET!

To make a lunch, choose at least one



or



**and 3-5
items
total**

Henry County Schools



**Students,
Join us for our
Thanksgiving
Feast**

**Thursday,
November 7th**

eatfit

wanna stay fit?
gotta eat right!



While we're on the subject of fiber, it's worth noting that the star of many Thanksgiving dinners -- roast turkey -- contains no fiber at all. But that's OK! Turkey is a low-fat, low-calorie source of high-quality protein, worthy of your plate any day of the year! Just don't go too crazy with the gravy on Thanksgiving or with the mayo when you're eating the leftovers on a sandwich. And look for other good sources of fiber on the holiday table: broccoli, carrots, sweet potatoes, and even cranberry sauce and pumpkin pie are all good fiber sources, although, as always, watch the sweet stuff.

Featured Specials of the Day

Monday, November 11 - Happy Veteran's Day!

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, November 12

Strawberry Mini Pancakes, WG Muffin w/ Yogurt

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

Wednesday, November 13

Sausage Biscuit, Mini Cinnis Cinnamon Bagel,

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

Thursday, November 14

Blueberry Breakfast Stick, WG Muffin w/ Yogurt

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

Friday, November 15

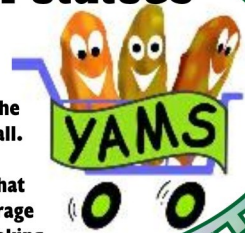
Chicken Biscuit, Frosted Breakfast Pastry

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

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



ENJOY YOUR
HOLIDAY! NOV. 25-29
SEE YOU IN
DECEMBER!

Featured Specials of the Day

Monday, November 18

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, November 19

Breakfast Pizza, WG Muffin w/ Yogurt,

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

Wednesday, November 20

Sausage Biscuit, Breakfast Frudel

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

Thursday, November 21

WG Muffin w/ Yogurt, Breakfast Bun

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

Friday, November 22

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, Carnival Cookie



Please see other
page for items
available daily