

Menus for JANUARY 2024



**Henry County
Middle Schools**

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

Available Daily

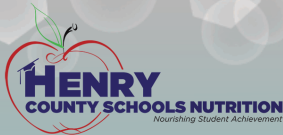
Breakfast (in blue):

- 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

**Happy
New Year**

Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Monday, January 6

No School, Professional Learning Day

Tuesday, January 7

No School, Professional Learning Day

Wednesday, January 8

Sausage Biscuit, Breakfast Frudel

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

Thursday, January 9

Blueberry Pancake Stick, WG Muffin w/ Yogurt,

1. Chicken Alfredo w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed Potatoes, Frozen Juice Cup

Friday, January 10

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 4 GET!
To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice and **3-5 items total** **Vegetables**

Henry County Schools

**WE HAVE YOUR NEW YEAR'S
RESOLUTION**

**BREAKFAST
@SCHOOL**

**For first-class learning!
EAT BREAKFAST EVERY DAY!**

Featured Specials of the Day

Monday, January 13

Sausage Biscuit, Chicken Biscuit, 1.BBQ Sandwich,
2. Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans,
Strawberries & Bananas

Tuesday, January 14

Croissant Turkey Ham & Cheese, WG Muffin w/ Yogurt
1. Cheeseburger, 2. Deli Turkey Sandwich, 3. Garden Salad w/
Chicken, Seasoned Fries, Lettuce & Tomatoes, Mandarin
Oranges

Wednesday, January 15

Sausage Biscuit, Mini Bagels w/ Cream Cheese,
1. Chicken Drumstick w/ Roll 2. PBJ/Wow Sandwich w/ Chips
3. Popcorn Chicken w/ Roll, Steamed Broccoli,
Mashed Potatoes, Fresh Apple

Thursday, January 16

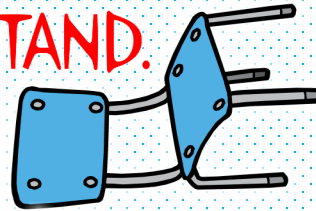
Mini Pancake Wraps, WG Muffin w/ Yogurt,
1. Orange Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips,
Sweet Peas, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, January 17

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

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Featured Specials of the Day

Monday, January 20

No School, Martin L. King, Jr. Holiday

Tuesday, January 21

WG Muffin w/ Yogurt, Blueberry Mini Pancakes
1. Chicken Parmesan w/ Buttered Noodles 2. Chicken
Sandwich 3. PBJ/Wow Sandwich w/ Chips, Potato Tots
Garden Salad, Fresh Mandarin Orange

Wednesday, January 22

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

Thursday, January 23

WG Muffin w/ Yogurt, Breakfast Bun
1. Beefy Nachos w/ Salsa 2. PBJ/Wow Sandwich w/ Chips,
Black Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, January 24

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

Featured Specials of the Day

Monday, January 27

Sausage Biscuit, Chicken Biscuit,
1. Crisпитos 2. PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans,
Potato Tots, Banana

Tuesday, January 28

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

Wednesday, January 29

Sausage Biscuit, Mini Cinnis Cinnamon Bagel,
1. Taco Soup w/ Tortilla Chips 2. PBJ/Wow Sandwich w/ Chips
3. Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed
Potatoes, Fresh Apple

Thursday, January 30

Apple Cinnamon Toast, WG Muffin w/ Yogurt
1. Chicken w/ Mac & Cheese 2. PBJ/Wow Sandwich w/ Chips,
Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

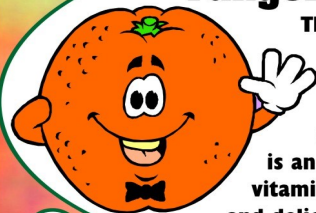
Friday, January 31

Chicken Biscuit, Frosted Breakfast Pastry
Lemony Pepper Chicken Wings w/ Roll, Stuffed Crust Pizza,
Whole Kernel Corn, Celery Sticks w/ Ranch,
100% Fruit Juice, Rice Krispy Treat

LOCAL 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

Introducing: Our New School Meal Payment System. Click LINQ Below or visit: linqconnect.com

LINQ Connect
ONLINE PORTAL