

Menus for February 2025

Henry County High Schools



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

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

Featured Specials of the Day

Monday, February 3

Sausage Biscuit, Chicken Biscuit,

- Spaghetti w/ Garlic Toast
- Corn Dog
- PBJ/Wow Sandwich w/ Chips, Carrot Sticks w/ Ranch, Baked Beans, Sliced Peaches

Tuesday, February 4

WG Muffin w/ Yogurt, Cheese Grits w/ Toast

- Spicy Chicken Sandwich
- Deli Turkey Sandwich,
- Garden Salad w/ Chicken, Potato Tots
- Garden Salad w/ Ranch, Banana

Wednesday, February 5

Sausage Biscuit, Breakfast Frudel

- Chicken Nuggets w/ Roll,
- PBJ/Wow Sandwich w/ Chips
- Sloppy Joe Sandwich, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, February 6

WG Muffin w/ Yogurt, Blueberry Breakfast Stick

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

Friday, February 7

Chicken Biscuit, Frosted Breakfast Pastry

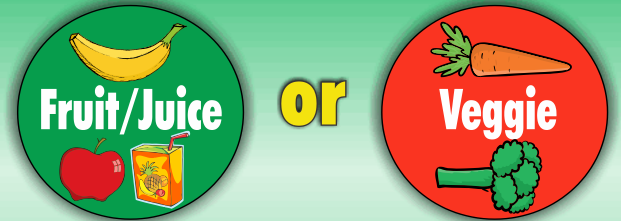
- Stuffed Crust Pizza,
- PBJ/Wow Sandwich w/ Chips,
- Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

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

LINQ Connect
ONLINE PORTAL

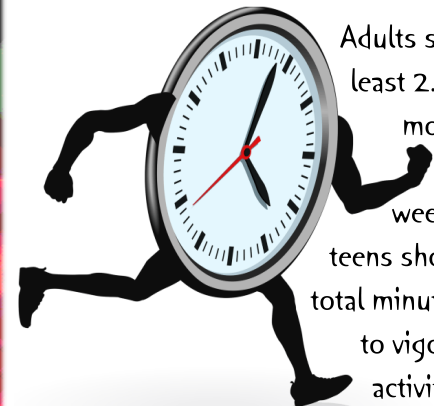
DON'T GET!

To make a lunch, choose at least one



HENRY COUNTY SCHOOLS

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

Featured Specials of the Day

Monday, February 10

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, February 11

WG Muffin w/ Yogurt, Cheese Grits w/ Toast

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

Wednesday, February 12

Sausage Biscuit, Mini Cinis Cinnamon Bagel,

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

Thursday, February 13

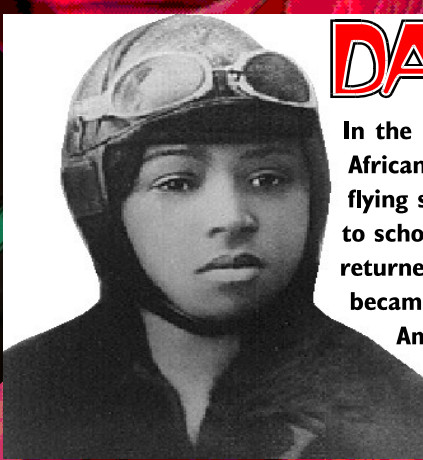
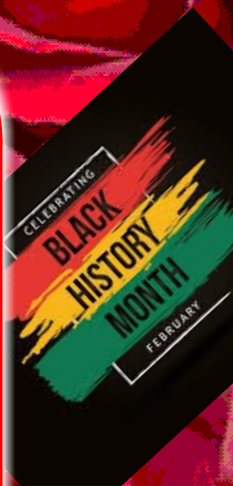
Mini Blueberry Pancakes, Breakfast Bun, WG Muffin w/ Yogurt

1. Chicken Strips w/ Mac & Cheese
2. PBJ/Wow Sandwich w/ Chips, Sweet Potatoes, Collard Greens, Corn Bread, Frozen Juice Cup

Friday, February 14

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, V Day Cookie



DARING TO DREAM

In the early 1900's, Bessie Coleman's dream was to fly. But she was African American AND a woman -- so she was denied admission to U.S. flying schools. So Bessie worked as a manicurist to save money to go to school in France, where she got her pilot's license in 1921. Then she returned to thrill American crowds in stunt flying shows. When she became a celebrity, Bessie refused to perform any place where African Americans weren't admitted. She died in a plane crash in 1926.

FEBRUARY IS BLACK HISTORY MONTH

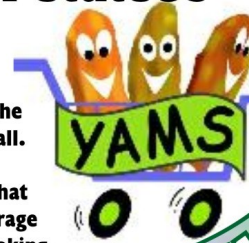
Go to <http://www.nasm.edu/nasm/PA/NASMNEWS/history/bhistory/COLEMAN.HTM> to learn more about Bessie Coleman, or look for the book "Queen Bess" by Doris Rich.

LOCAL HARVEST OF THE MONTH

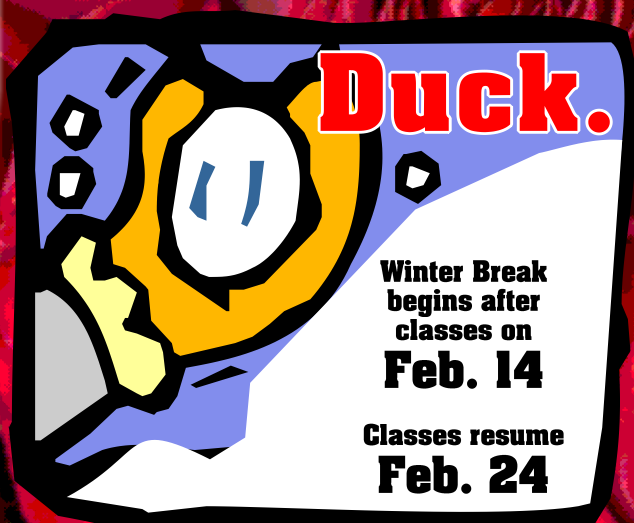
VEGETABLE

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



Winter Break begins after classes on **Feb. 14**

Classes resume **Feb. 24**

Featured Specials of the Day

Monday, February 24

Sausage Biscuit, Chicken Biscuit,

1. BBQ Sandwich
2. Mini Corn Dogs
3. PBJ/Wow Sandwich w/ Chips, Glazed Carrots, Baked Beans, Pineapple Tidbits

Tuesday, February 25

WG Muffin w/ Yogurt, Cheese Grits w/ Toast

1. Chicken Parmesan w/ Buttered Noodles
2. Chicken Sandwich
3. Deli Turkey Sandwich, Potato Tots Garden Salad w/ Ranch, Fresh Apple

Wednesday, February 26

Sausage Biscuit, Breakfast Frudel

1. Chicken Nuggets w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. Chicken Noodle Soup w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Strawberries

Thursday, February 27

WG Muffin w/ Yogurt, Breakfast Bun, Breakfast Pizza

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

Friday, February 28

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