

Henry County High Schools

# MENUS FOR MARCH 2025

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



Join us March 3-7 for  
National School Breakfast  
Week 2025!

## Featured Specials of the Day

### Monday, March 3

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

### Tuesday, March 4

Strawberry Smoothies w/Crackers, WG Muffin w/ Yogurt  
1.Cheeseburger, 2.Deli Turkey Sandwich,  
3.Garden Salad w/ Chicken, Seasoned Fries,  
Lettuce & Tomatoes, Applesauce

### Wednesday, March 5

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

### Thursday, March 6

WG Muffin w/ Yogurt, Croissant Turkey Ham & Cheese,  
1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips,  
Sweet Peas, Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, March 7

Chicken Biscuit, Frosted Breakfast Pastry, Yogurt Parfait  
1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Hot  
Dog, Whole Kernel Corn, Garden Salad w/ Ranch,

## Featured Specials of the Day

### Monday, March 10

Sausage Biscuit, Chicken Biscuit, 1.BBQ Sandwich  
2.Mini Corn Dogs 3.PBJ/Wow Sandwich  
w/ Chips, Carrot Sticks, Baked Beans, Pineapple Tidbits,  
Chocolate Chip Cookie

### Tuesday, March 11

Cheese Grits w/ Toast, WG Muffin w/ Yogurt,  
1.Spicy Chicken Sandwich 2.Deli Turkey Sandwich  
3. PBJ/Wow Sandwich w/ Chips, 4.Garden Salad  
w/ Chicken, Potato Tots, Garden Salad w/ Ranch,  
Fresh Strawberries

### Wednesday, March 12

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

### Thursday, March 13

Mini Pancake Wraps, WG Muffin w/ Yogurt  
1.Cheesy Beefaroni w/ Garlic Toast 2.PBJ/Wow  
Sandwich w/ Chips, Carrot Sticks w/ Ranch,  
Green Beans, Frozen Juice Cup

### Friday, March 14-Half Day

Chicken Biscuit, Frosted Breakfast Pastry  
1.Corn Dog Sack Lunch 2.PBJ/Wow Sandwich  
Sack Lunch, 100% Fruit Juice

# DON'T 4 GET!

Take at least ONE

# FRUIT or VEGGIE

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



## Featured Specials of the Day

**Monday, March 17**

**Sausage Biscuit, Chicken Biscuit,**

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

**Tuesday, March 18**

**WG Muffin w/ Yogurt, Cheese Grits w/ Toast, Apple Cinnamon**

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

**Wednesday, March 19**

**Sausage Biscuit, Mini Strawberry 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, March 20**

**Blueberry Pancake Stick, WG Muffin w/ Yogurt, Breakfast Bun**

1. Chicken & Waffles 2. PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks, Frozen Juice Cup

**Friday, March 21**

**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

**Please see the other page for items available daily**

## LOCAL HARVEST OF THE MONTH

### FRUIT Strawberries



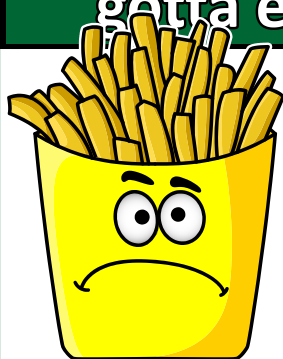
Strawberries are the most popular berries, and they're nutritious, too. A half-cup of strawberries supplies nearly three quarters of your daily vitamin C and more fiber than a slice of whole wheat bread.

### OF THE MONTH

# eatfit

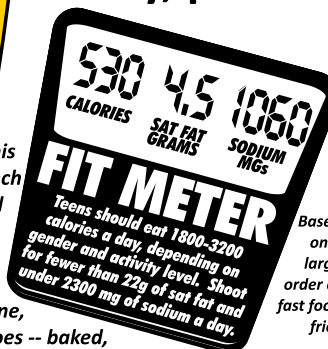
## wanna stay fit?

## gotta eat right!



**item:**  
french fries  
**verdict:**  
rarely, please

**tip:** Sorry to break this to you, but deep-fried french fries have very little actual nutritional value. You should really only eat them once in awhile, and if you never ate another one, you'd be OK. Now, potatoes -- baked, mashed, oven-"fried" -- can be a nutritious part of your regular vegetable rotation. But deep-fried french fries, not so much.



## Featured Specials of the Day

**Monday, March 24**

**Sausage Biscuit, Chicken Biscuit,**

1. BBQ Sandwich, 2. Chicken Strips w/ Mac & Cheese, Carrot Sticks w/ Ranch, Baked Beans, Sliced Peaches

**Tuesday, March 25**

**WG Muffin w/ Yogurt, Cheese Grits w/ Toast**

1. Chicken Parmesan w/ Buttered Noodles 2. Chicken Sandwich 3. Deli Turkey Sandwich 4. Garden Salad w/ Chicken, Potato Tots, Garden Salad, Fresh Strawberries

**Wednesday, March 26**

**Sausage Biscuit, Mini Cinnis Cinnamon Bagel,**

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

**Thursday, March 27**

**WG Muffin w/ Yogurt, Breakfast Bun, Powdered Donuts**

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

**Friday, March 28**

**Chicken Biscuit, Strawberry Smoothies w/ Crackers, 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, Rice Krispy Treat

**Monday, March 31**

**Sausage Biscuit, Chicken Biscuit,**

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