



Henry County Middle Schools

## 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.



**Introducing: Our New School Meal Payment System, Click LINQ Below or visit: [linqconnect.com](http://linqconnect.com)**

**LINQ Connect**  
ONLINE PORTAL

## Featured Specials of the Day

### Monday, October 2

Blueberry Mini Pancakes, Assorted Cereal,  
1. Crisritos 2. PBJ/Wow Sandwich w/ Chips,  
3. MaxSnax Tacos, Salsa, Black Beans,  
Carrot Sticks w/ Ranch, Sliced Pears

### Tuesday, October 3

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,  
1. Chicken Sandwich, 2. Deli Turkey Sandwich  
3. Garden Salad w/ Chicken, Potato Tots,  
Garden Salad w/ Ranch, Banana

### Wednesday, October 4

Sausage Biscuit, Assorted Cereal,  
1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich  
w/ Chips, Steamed Broccoli, Mashed Potatoes,  
Fresh Apple

### Thursday, October 5

Breakfast Pizza, Breakfast Bun  
1. Spaghetti w/ Garlic Toast, 2. PBJ/Wow  
Sandwich w/ Chips. 3. Corn Dog Carrot Sticks w/ Ranch,  
Green Beans, Frozen Juice Cup

### Friday, October 6

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

School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.25	\$2.50
Students Grades 6-12	\$1.25	\$2.60
Student Reduced-Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.25	\$3.50
MILK ONLY	\$0.50	\$0.50
Adult Meals	\$2.25	\$3.50



## Featured Specials of the Day

### Monday, October 9

Strawberry Mini Pancakes, Mini Cinnamon Bagels,  
1. Cowboy BBQ Nachos, 2. Mini Corn Dogs, Carrot Sticks w/  
Ranch, Baked Beans, Fresh Mixed Melons

### Tuesday, October 10

WG Muffin w/ Yogurt, Breakfast Frudel, 1. Cheeseburger,  
2. Deli Turkey Sandwich, 3. Garden Salad w/ Chicken,  
Seasoned Fries, Lettuce & Tomatoes, Fresh Strawberries

### Wednesday, October 11

Sausage Biscuit, Assorted Cereal,  
1. Chicken Nuggets w/ Roll, 2. PBJ/Wow Sandwich  
w/ Chips 3. Crisritos w/ Salsa Steamed Broccoli,  
Mashed Potatoes, Fresh Apple

### Thursday, October 12

Mini Pancake Wraps, Breakfast Bun,  
1. Chicken & Waffles 2. PBJ/Wow Sandwich w/ Chips,  
Sweet Potato Fries, Celery Sticks w/ Ranch  
Frozen Juice Cup

### Friday, October 13-Half Day

Chicken Biscuit, Assorted Cereal,  
1. Chicken Sandwich, 2. PBJ/Wow Sandwich w/ Chips,  
Carrot Sticks w/ Ranch, 100% Fruit Juice



## Featured Specials of the Day

**Monday, October 16**

Pancakes & Sausage, Assorted Cereal, 1.Crispitos  
2.PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos, Salsa,  
Black Beans, Carrot Sticks w/ Ranch, Pineapple Tidbits

**Tuesday, October 17**

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,  
1.Sloppy Joe Sandwich 2.Chicken Sandwich,  
3.Garden Salad w/ Chicken, Garden Salad w/ Ranch,  
Potato Tots, Applesauce

**Wednesday, October 18**

Sausage Biscuit, Assorted Cereal,  
1.Chicken Alfredo w/ Roll, 2.PBJ/Wow Sandwich w/ Chips  
3.Popcorn Chicken w/ Roll, Steamed Broccoli,  
Mashed Potatoes, Fresh Apple

**Thursday, October 19**

Apple Cinnamon Toast, Frosted Breakfast Pastry,  
1.Teriyaki Chicken & Rice, 2.PBJ/Wow Sandwich  
w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch,  
Frozen Juice Cup

**Friday, October 20**

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza,  
2.PBJ/Wow Sandwich w/ Chips, 3. Corn 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:  
[SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049](http://SCHOOLWIRES.HENRY.K12.GA.US/PAGE/11049)

## OFFER vs SERVE

The Five Meal Components for School Lunch

Choose at least 3 including:



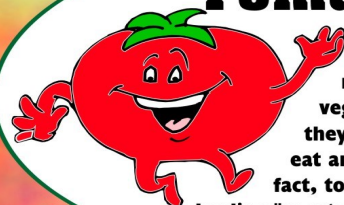
• ½ Cup of Fruits  
or Vegetables

• At Least 2 Other  
Food Groups

For best nutrition, CHOOSE ALL 5

## LOCAL HARVEST OF THE MONTH

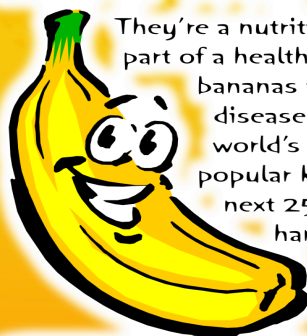
### VEGETABLE Tomato



Did you know  
that tomatoes are  
really fruits, not  
vegetables? Whatever  
they are, they're good to  
eat and good for you! In  
fact, tomatoes are our  
leading "vegetable" source  
of vitamin C.

### OF THE MONTH

## SAVE THE BANANA!



They're a nutritious, portable snack or  
part of a healthy breakfast -- but  
bananas are under attack! A  
disease could wipe out the  
world's supply of the most  
popular kind of banana in the  
next 25 years. Scientists are  
hard at work to identify  
banana varieties that  
resist the disease.  
Let's wish them luck!

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

## Featured Specials of the Day

**Monday, October 23**

Blueberry Mini Pancakes, Mini Cinnamon Bagels,  
1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch,  
Baked Beans, Pineapple Tidbits

**Tuesday, October 24**

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

**Wednesday, October 25**

Sausage Biscuit, Assorted Cereal,  
1.Ravioli w/ Roll 2. PBJ/Wow Sandwich w/ Chips  
3.Chicken Nuggets w/ Roll, Steamed Broccoli,  
Mashed Potatoes, Banana

**Thursday, October 26**

Manager's Choice, Frosted Breakfast Pastry,  
1.Beefy Nachos w/ Salsa 2.PBJ/Wow Sandwich w/ Chips,  
3. Corn Dog, Pinto Beans, Carrot Sticks w/ Ranch,  
Frozen Juice Cup

**Friday, October 27**

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

**Monday, October 30**

Strawberry Mini Pancakes, Breakfast Bun  
1.Crispitos 2.PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos,  
Salsa, Black Beans, Carrot Sticks w/ Ranch, Fruit Cocktail

**Tuesday, October 31**

WG Muffin w/ Yogurt, Mini Bagels w/ Cream Cheese,  
1.Spicy Chicken Sandwich, 2.Deli Turkey Sandwich, 3.Garden  
Salad w/ Chicken, Potato Tots, Garden Salad w/ Ranch,  
Sliced Pears, Carnival Cookie

**Happy Halloween!**