

**Henry
County
Middle
Schools**

Menus for February 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**.



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, February 5

Blueberry Mini Pancakes, Mini Cinnamon Bagels,
1.Crispitos 2.MaxSnax Tacos, Salsa, Black Beans,
Carrot Sticks w/ Ranch, Pineapple Tidbits

Tuesday, February 6

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

Wednesday, February 7

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

Thursday, February 8

Blueberry Pancake Stick, Assorted Cereal,
1.Chicken w/ Mac & Cheese 2.PBJ/Wow
Sandwich w/ Chips. Carrot Sticks w/ Ranch, Green
Beans, Frozen Juice Cup

Friday, February 9

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

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

LINQ Connect
ONLINE PORTAL

2024

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The Chinese New
Year begins with
the new moon on
February 10, 2024
is the Year of the
Dragon.



YEAR OF THE DRAGON

DON'T 4GET!

Take at least **ONE**

FRUIT or VEGGIE

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

TRUST YOUR HEART.



Your heart knows: WHAT
TIME you eat matters.
Eating a healthy meal
early in the day is
linked to a lower risk of
heart attack, while eating
late at night before bed is
linked to an increased risk.
Listen to your heart!

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

Featured Specials of the Day

Monday, February 12

Strawberry Mini Pancakes, Breakfast Bun

1. BBQ Sandwich, 2. Mini Corn Dogs,
3. Manager's Choice Entrée, Carrot Sticks w/ Ranch, Baked Beans, Applesauce

Tuesday, February 13

WG Muffin w/ Yogurt, Breakfast Frudel

1. Spicy Chicken Sandwich 2. Chicken Sandwich,
3. Garden Salad w/ Chicken, Potato Tots, Garden Salad Strawberries & Bananas

Wednesday, February 14

Pancakes & Sausage, Assorted Cereal,

1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich w/ Chips, 3. Grilled Cheese Sandwich, Steamed Broccoli, Mashed Potatoes, Fresh Apple, Chocolate Chip Cookie

Thursday, February 15

Breakfast Pizza, Frosted Breakfast Pastry,

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

Friday, February 16

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

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.

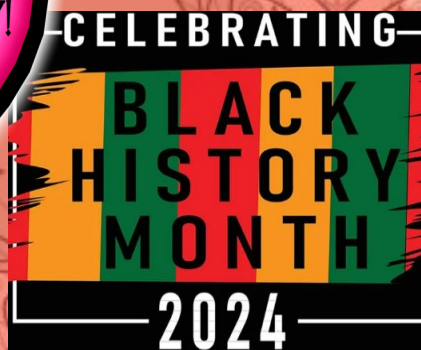
They have a natural, delightful sweetness that increases with storage and with cooking.



OF THE MONTH

HAPPY
VALENTINE'S DAY!
FEBRUARY 14

CELEBRATING



JUDGE JANE



Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

WINTER BREAK

No School

Feb. 19 - Feb. 23



Featured Specials of the Day

Monday, February 26

Blueberry Mini Pancakes, Mini Bagels, w/ Cream

- Cheese 1. Crisritos 2. MaxSnax Tacos, Salsa, Black Beans, Sweet Potato Fries, Pineapple Tidbits

Tuesday, February 27

WG Muffin w/ Yogurt, Apple Cinnamon Toast

1. Cheeseburger, 2. Deli Turkey Sandwich, Seasoned Fries, Lettuce & Tomatoes, Carrot Sticks w/ Ranch, Sliced Pears

Wednesday, February 28

Sausage Biscuit, Assorted Cereal,

1. Chicken Nuggets w/ Roll 2. PBJ/Wow Sandwich w/ Chips, Steamed Broccoli, Mashed Potatoes, Satsuma Orange

Thursday, February 29

Mini Pancake Wraps, Frosted Breakfast Pastry,

1. Chicken Drumstick w/ Mac & Cheese 2. PBJ/Wow Sandwich w/ Chips, Sweet Potatoes, Cornbread, Ga Grown Collard Greens, Frozen Juice Cup

Friday, March 1

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