Breakfast:
- Cereal, Grab ‘N Go,
- Muffin & Yogurt,
- Fresh Apples & Oranges,
- 100% Fruit Juice: Apple & Orange,
- Choice of Milk

Lunch:
- Garden Salad with Chicken Strips*
- Deli & Peanut Butter or WowButter & Jelly Sandwiches,*
- Grilled Chicken Wrap Tray,*
- Chicken Sandwich, Pizza, Garden Salad,
- Fresh Apples & Oranges,
- Choice of Milk

*Salads & Wrap Trays are available Tuesday - Friday; PB&J sandwiches not served at all schools. Pork products listed in pink.

**Henry County Secondary Schools**

The original value meal & still a fantastic deal!

Breakfast | Lunch
---|---
$1.15 | $2.50

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

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Featured Specials of the Day

**Thursday, August 1**
- Mini Maple Pancakes, Cheeseburger, Corn Dog,
- Seasoned Fries, Steamed Broccoli, Sliced Peaches

**Friday, August 2**
- Chicken Biscuit, Pizza,
- Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
- Whole Kernel Corn, California Blend, Orange Wedges

**Monday, August 5**
- French Toast w/ Chicken Sausage Bites,
- Yogurt Parfaits, Popcorn Chicken w/ Cornbread,
- Mini Slider Pups on Bun, Scalloped Potatoes,
- Baked Beans, Banana

**Tuesday, August 6**
- Breakfast Pizza, Spaghetti w/ Garlic Toast,
- Mini Corn Dogs, Garden Salad w/ Turkey & Cheese,
- Steamed Broccoli, Carrot Sticks w/ Ranch, Sliced Peaches

**Wednesday, August 7**
- Pancakes & Sausage, Yogurt Parfaits, Fiestada Pizza,
- Crispitos w/ Salsa, Garden Salad w/ Grilled Chicken & Cranberries, Green Beans, Sweet Potato Fries, Mixed Fruit

**Thursday, August 8**
- Mini Pancake Wraps, Chicken & Waffles,
- BBQ Sandwich, Garden Salad w/ Turkey & Cheese,
- Potato Tots, Celery Sticks w/ Ranch, Frozen Juice Cup

**Friday, August 9**
- Chicken Biscuit, Yogurt Parfaits, Pizza,
- Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
- Whole Kernel Corn, Broccoli & Carrots, Orange Wedges

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**Henry County School Nutrition**

**Tuesday, August 6**
- Breakfast Pizza, Spaghetti w/ Garlic Toast,
- Mini Corn Dogs, Garden Salad w/ Turkey & Cheese,
- Steamed Broccoli, Carrot Sticks w/ Ranch, Sliced Peaches

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**Henry County School Nutrition**

**Friday, August 2**
- Chicken Biscuit, Pizza,
- Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
- Whole Kernel Corn, California Blend, Orange Wedges

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Henry County School Nutrition Secondary Menu Page 1
**Featured Specials of the Day**

**Monday, August 12**
- Sausage Biscuit, Yogurt Parfaits,
- Chicken Nuggets w/ Roll, Mashed Potatoes,
- Pinto Beans, Pineapple Tidbits

**Tuesday, August 13**
- Breakfast Pizza, Beefy Nachos, Corn Dog,
- Garden Salad w/Turkey & Cheese, Carrot Sticks w/ Ranch,
- Black Beans, Lettuce, Tomatoes, & Salsa, Sliced Pears

**Wednesday, August 14**
- Mini Maple Pancakes, Yogurt Parfaits, Teriyaki Chicken & Rice,
- Crisptios w/ Salsa, Garden Salad w/Grilled Chicken, & Cranberries,
- Steamed Broccoli, Glazed Carrots, Mixed Fruit

**Thursday, August 15**
- Mini Pancake Wraps, Chicken Noodle Soup w/ Toasted Cheese Sandwich, Hot Dog,
- Garden Salad w/Turkey & Cheese, Sweet Potato Fries,
- Cole Slaw, Frozen Juice Cup

**Friday, August 16**
- Mini Blueberry Pancakes, Yogurt Parfaits,
- Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
- Whole Kernel Corn, Broccoli & Carrots, Orange Wedges

**Weekend Celebrations**
- RICE KRISPIE TREAT


**LOCAL HARVEST OF THE MONTH**

**FRUIT OF THE MONTH**

**Peaches**

Juicy summer peaches are sweet enough to eat for dessert, but they’re low in calories and fat. Plus peaches are high in vitamin C, fiber, vitamin A, niacin, potassium, and “phytochemicals,” which promote healthy skin.

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