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 & 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 School Nutrition
Available Daily
Monday, July 30
Sausage Biscuit, Chicken Nuggets, Mashed Potatoes, Black Eyed Peas, Pineapple Tidbits, Roll
Tuesday, July 31
Breakfast Pizza, Chicken Sandwich, MaxSnax Tacos w/ Salsa, Garden Salad w/Turkey & Cheese, Smart Snack Chips, Carrot Sticks w/ Ranch, Sliced Pears
Wednesday, August 1
Pancakes & Sausage, Cheeseburger/Hamburger, Mini Corn Dogs, Garden Salad w/Grilled Chicken & Cranberries, Potato Tots, Steamed Broccoli, Mixed Fruit
Thursday, August 2
Mini Pancake Wraps, Chicken & Waffles, Hot Dog, Garden Salad w/Turkey & Cheese, Sweet Potato Fries, Celery Sticks, Frozen Juice Cup
Friday, August 3
Chicken Biscuit, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, California Blend, Orange Wedges

Monday, August 6
French Toast w/ Sausage Bites, Yogurt Parfaits, Popcorn Chicken, Ravioli, Scalloped Potatoes, Pinto Beans, Bananas, Roll
Tuesday, August 7
Breakfast Pizza, Spaghetti w/ Garlic Toast, Mini Corn Dogs, Garden Salad w/Turkey & Cheese, Green Beans, Carrot Sticks w/ Ranch, Sliced Peaches
Wednesday, August 8
Pancakes & Sausage, Yogurt Parfaits, Teriyaki Chicken & Rice, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken & Cranberries, Steamed Broccoli, Sweet Potato Fries, Mixed Fruit

Get in touch with us today to learn more about free and reduced-price meals in our district:
schoolwires.henry.k12.ga.us/Page/110494

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

Featured Specials of the Day

Thursday, August 9
Blueberry Breakfast Stick, Taco Soup w/ Tortilla Chips, Hot Dog, Garden Salad w/Turkey & Cheese, Celery Sticks w/ Ranch, Cole Slaw, Frozen Juice Cup

Friday, August 10
Chicken Biscuit, Yogurt Parfaits, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, California Blend, Orange Wedges

Monday, August 13
Chicken & Waffles, Yogurt Parfaits, Steak Nuggets w/ Gravy, Teriyaki Chicken Nuggets, Mashed Potatoes, Black Eye Peas, Pineapple Tidbits, Roll

Tuesday, August 14
Sausage Biscuit, Beefy Nachos, Corn Dog, Garden Salad w/Turkey & Cheese, Carrot Sticks w/ Ranch, Black Beans, Lettuce & Salsa, Sliced Pears

Wednesday, August 15
Pancakes & Sausage, Yogurt Parfaits, Little Smokies w/ Mac & Cheese & Cornbread, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken, & Cranberries, Steamed Cabbage, Oven Fried Okra, Mixed Fruit

Thursday, August 16
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 17
Chicken Biscuit, Yogurt Parfaits, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, California Blend, Orange Wedges

Monday, August 20
French Toast w/ Sausage Bites, Yogurt Parfaits, Popcorn Chicken, Sloppy Joe, Scalloped Potatoes, Pinto Beans, Banana, Roll

Tuesday, August 21
Breakfast Pizza, Ravioli w/ Roll, Corn Dog, Garden Salad w/Turkey & Cheese, Steamed Broccoli, Potato Tots, Sliced Pears

Wednesday, August 22
Pancakes & Sausage, Yogurt Parfaits, Chicken Tetrazzini w/ Garlic Toast, Crispitos w/ Salsa, Garden Salad w/Grilled Chicken & Cranberries, Carrot Sticks w/ Ranch, Green Peas, GA Grown Peaches

Thursday, August 23
Blueberry Breakfast Stick, Chili, Chicken Nuggets, Garden Salad w/Turkey & Cheese, Baked Potato, Celery Sticks, Applesauce, Cinnamon Roll

Friday, August 24
Chicken Biscuit, Yogurt Parfaits, Pizza, Chicken Sandwich Deluxe, Chicken Strips w/ Roll, Whole Kernel Corn, California Blend, Orange Wedges

Deposit funds in their student’s account any time!
View cafeteria purchases!
Schedule recurring payments!
Track meal account balances!
Set up low-balance e-mail reminders!