Available Daily

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

**Lunch:**
- Garden Salad with Chicken Strips*
- Deli or Peanut Butter/WowButter & Jelly Sandwiches w/ Chips*
- Grilled Chicken Wrap Tray w/ Chips,*
- 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.

---

**Monday, SEPT. 2**

- Breakfast Pizza, Yogurt Parfaits,
- Popcorn Chicken w/ Cornbread,
- Mini Slider Pups on Bun, Scalloped Potatoes,
- Baked Beans, Strawberries & Bananas

**Tuesday, SEPT. 3**

- Garden Salad with Chicken Strips*
- Deli or Peanut Butter/WowButter & Jelly Sandwiches w/ Chips*
- Grilled Chicken Wrap Tray w/ Chips,*
- 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.

---

**Wednesday, SEPT. 4**

- Pancakes & Sausage, Yogurt Parfaits, Fiestada Pizza,
- Crispitos w/ Salsa, Garden Salad w/Grilled Chicken & Cranberries, Broccoli, Sweet Potato Fries,
- Fruit Cocktail

---

**Thursday, SEPT. 5**

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

---

**Friday, SEPT. 6**

- Chicken Biscuit, Yogurt Parfaits, Pizza,
- Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
- Whole Kernel Corn, Broccoli & Carrots,
- 100% Fruit Juice

---

**Henry County High Schools**

This institution is an equal opportunity provider. Menus are subject to change.
Monday, SEPT. 9
Mini Donut Holes, Yogurt Parfaits,
Chicken Nuggets w/ Roll, Mashed Potatoes,
Pinto Beans, Pineapple Tidbits

Tuesday, SEPT. 10
Sausage Biscuit, Beefy Nachos, Corn Dog,
Garden Salad w/Turkey & Cheese, Carrot Sticks w/ Ranch,
Black Beans, Lettuce, Tomatoes, & Salsa, Sliced Peaches

Wednesday, SEPT. 11
Mini Strawberry Pancakes, Yogurt Parfaits,
Teriyaki Chicken & Rice, Crispitos w/ Salsa,
Garden Salad w/Grilled Chicken, & Cranberries,
Steamed Broccoli, Glazed Carrots, Fresh Pear

Thursday, SEPT. 12
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, SEPT. 13
Chicken Biscuit, Yogurt Parfaits, Pizza,
Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
Whole Kernel Corn, Broccoli & Carrots,
100% Fruit Juice

Remembering our Heroes on September 11, and showing our support for them all year round.

LOCAL HARVEST OF THE MONTH

Cabbage

Cabbage is one of the oldest -- and most healthy -- vegetables known to man. It's high in vitamin C and fiber, and it's also high on the list of cancer-fighting foods.

Henry County School Nutrition
Secondary Menu Page 2