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.

Henry County Secondary Schools

DON’T 4 GET!
To make a lunch, choose at least one
- Fruit/ Juice
- Grains
- Milk
- Protein
- Veggie
and 3-5 items
or
Total

APPLY ONLINE NOW FOR FREE OR REDUCED PRICE SCHOOL MEALS!

For instructions visit:
SCHOOLWIR.ES.HENRY.K12.GA.US/PAGE/11049

Henry County School Nutrition

Featured Specials of the Day

Monday, SEPT. 2
★ LABOR DAY ★

Tuesday, SEPT. 3
- Breakfast Pizza, Yogurt Parfaits,
- Popcorn Chicken w/ Cornbread,
- Mini Slider Pups on Bun, Scalloped Potatoes,
- Baked Beans, Strawberries & Bananas

Wednesday, SEPT. 4
- Pancakes & Sausage, Yogurt Parfaits, Fiestada Pizza,
- Crisitos 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

2018-2019 School Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>School Breakfast</th>
<th>School Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students Grades K-5</td>
<td>$1.15</td>
<td>$2.40</td>
</tr>
<tr>
<td>Students Grades 6-12</td>
<td>$1.15</td>
<td>$2.50</td>
</tr>
<tr>
<td>Reduced-Priced Meals</td>
<td>$0.30</td>
<td>$0.40</td>
</tr>
<tr>
<td>Student Second Meals</td>
<td>$1.75</td>
<td>$3.25</td>
</tr>
<tr>
<td>MILK ONLY</td>
<td>$0.40</td>
<td>$0.40</td>
</tr>
</tbody>
</table>

ONLINE MEAL PAY ACCOUNTS: myschoolbucks.com
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 Slow, 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

Monday, SEPT. 16
Mini Blueberry Pancakes, Yogurt Parfaits,
Steak Nuggets w/ Gravy & Roll,
Teriyaki Chicken Nuggets w/ Roll, Mashed Potatoes,
Black Eye Peas, Banana

Tuesday, SEPT. 17
Strawberry Smoothies, Little Smokies w/ Mac & Cheese &
Cornbread, Corn Dog, Garden Salad w/Grilled Chicken,
& Cranberries, Locally Grown Steamed Cabbage,
Glazed Carrots, Fruit Cocktail

Wednesday, SEPT. 18
Pancakes & Sausage, Yogurt Parfaits,
Chicken Tetrazzini w/ Garlic Toast, Crispitos w/ Salsa,
Garden Salad w/Grilled Chicken & Cranberries,
Carrot Sticks w/ Ranch, Green Peas, Sliced Pears

Thursday, SEPT. 19
Breakfast Pizza, Toco Soup w/
Tortilla Chips, Hot Dog, Garden Salad w/ Turkey &
Cheese, Sweet Potato Fries, Cole Slow, Frozen Juice Cup

Friday, SEPT. 20
Chicken Biscuit, Yogurt Parfaits, Pizza,
Chicken Sandwich Deluxe, Chicken Strips w/ Roll,
Whole Kernel Corn, Broccoli & Carrots,
100% Fruit Juice

ENJOY FALL BREAK WEEK,
NO SCHOOL 9/23-9/27/19

Our Nation’s History

Christa McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space. She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986. She had taught Social Studies and even designed a class for her students called “The American Woman.” Christa was born on September 2, 1948 and would have been 70 years old this month.

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

LOCAL HARVEST OF THE MONTH

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.

With Liberty & Justice for All

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