

Henry County High Schools

Menus for January 2026

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.



2025-2026: School Meal Prices	School Breakfast	School Lunch
Students Grades K-5	\$1.50	\$2.75
Students Grades 6-12	\$1.50	\$2.85
Student Reduced Priced Meals	\$0.30	\$0.40
Student Second Meals	\$2.75	\$4.50
MILK ONLY	\$0.60	\$0.60
Adult Meals	\$2.75	\$4.50

Featured Specials of the Day

Wednesday, January 7

Sausage Biscuit, Mini Cinnamon Bagels,

- 1.Chicken Nuggets w/ Roll,
2. PBJ/Wow Sandwich,
3. Chicken Alfredo w/ Roll Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, January 8

WG Muffin w/ Yogurt, Breakfast Pizza

- 1.Beefy Nachos w/ Salsa
- 2.PBJ/Wow Sandwich w/ Chips, Black Beans & Salsa,
- Frozen Juice Cup

Friday, January 9

Chicken Biscuit, Frosted Breakfast Pastry

- 1.Stuffed Crust Pizza,
- 2.PBJ/Wow Sandwich w/ Chips,
- 3.Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

Monday, January 12

Sausage Biscuit, Chicken Biscuit,

- 1.Crispitos
- 2.PBJ/Wow Sandwich w/ Chips,
3. MaxSnax Tacos, Salsa, Black Beans, Carrot Sticks w/ Ranch, Applesauce

Tuesday, January 13

Cheese Grits w/ Toast & Sausage, WG Muffin w/Yogurt

- 1.Cheeseburger,
- 2.Deli Turkey Sandwich,
- 3.Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Pear Slices

Wednesday, January 14

Sausage Biscuit, Breakfast Frudel,

- 1.Chicken Drumstick w/Roll,
- 2.PBJ/Wow Sandwich w/ Chips
- 3.Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, January 15

WG Muffin w/ Yogurt, Blueberry Pancake Stick

- 1.Lil Smokies w/ Mac & Cheese,
2. Chicken w/ Mac & Cheese,
- 3.PBJ/Wow Sandwich, Carrot Sticks, Steamed Cabbage, Cornbread, Frozen Juice Cup

Friday, January 16

Chicken Biscuit, Frosted Breakfast Pastry

- 1.Stuffed Crust Pizza,
- 2.PBJ/Wow Sandwich w/ Chips,
- 3.Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

Happy New Year

Welcome Back!

We hope you enjoyed yourz bzeak!

DON'T 4GET!

To make a lunch, choose at least one



Henry County Schools

Featured Specials of the Day

Monday, January 19

School will be closed on Monday, January 19 in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 20

WG Muffin w/ Yogurt, French Toast Sticks w/ Sausage

1. Spicy Chicken Sandwich, 2. Deli Turkey Sandwich
3. PBJ/Wow Sandwich w/ Chips, Potato Tots, Garden Salad w/ Ranch, Sliced Peaches

Wednesday, January 21

Sausage Biscuit, Breakfast Frudel,

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

Thursday, January 22

WG Muffin w/ Yogurt, Breakfast Bun,

1. Orange Chicken w/Rice, 2. PBJ/Wow Sandwich w/ Chips, Green Peas, Carrot Sticks w/ Ranch, Frozen Juice Cup

Friday, January 23

Chicken Biscuit, Frosted Breakfast Pastry

1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice



Q: What do these six different foods have in common?

Pears Popcorn Nuts Beans
Whole Grains Broccoli

These foods might seem very different, but they're all good sources of a substance that's important for a healthy diet. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the magical substance they all share!



ANSWER: _____

The original value meal & still a fantastic deal!

Student Breakfast

\$1.50

Student Lunch

\$2.85

Need information on free and reduced-priced meals click here: <https://www.henry.k12.ga.us/divisions/business-and-financial-services/school->

Featured Specials of the Day

Monday, January 26

Sausage Biscuit, Chicken Biscuit,

1. BBQ Sandwich, 2. Manager's Choice, Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

Tuesday, January 27

WG Muffin w/ Yogurt, Cheese Grits w/ Sausage & Toast,

1. Teriyaki Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch, Sliced Peaches

Wednesday, January 28

Sausage Biscuit, Mini Bagels, w/ Cream Cheese,

1. Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich w/ Chips, 3. Nacho Soup, Steamed Broccoli, Mashed Potatoes, Fresh Apple

Thursday, January 29

WG Muffin w/ Yogurt, Breakfast Scrambler

1. Cheesy Beefaroni w/ Garlic Toast, 2. PBJ/Wow Sandwich w/ Chips, 3. Mini Corn Dogs, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, January 30

Chicken Biscuit, Frosted Breakfast Pastry

1. Stuffed Crust Pizza, 2. PBJ/Wow Sandwich w/ Chips, 3. Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100% Fruit Juice

HARVEST OF THE MONTH:

VEGETABLE

Cabbage



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

OF THE MONTH