

# Menus for December 2025

## Henry County Middle Schools

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

#### Monday, December 1

Sausage Biscuit, Chicken Biscuit,

- BBQ Sandwich,
- Mini Corn Dogs, Glazed Carrots,
- 1/2 cup Baked Beans, Sliced Pears

#### Tuesday, December 2

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

- Spicy Chicken Sandwich,
- Deli Turkey Sandwich
- PBJ/Wow Sandwich w/ Chips, Potato Tots, Garden Salad w/ Ranch, Sliced Peaches

#### Wednesday, December 3

Sausage Biscuit, Breakfast Frudel,

- Chicken Nuggets w/ Roll,
- PBJ/Wow Sandwich w/ Chips
- Grilled Cheese Sandwich, Steamed Broccoli, Mashed Potatoes, Fresh Apple

#### Thursday, December 4

WG Muffin w/ Yogurt, Breakfast Pizza

- Chicken Parmesan w/ Buttered Noodles
- Spaghetti
- PBJ/Wow Sandwich w/ Chips, Garlic Toast, Green Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

#### Friday, December 5

Chicken Biscuit, Frosted Breakfast Pastry

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

## DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice

or

Veggie

Grains

Milk

Protein

Fruit/Juice

and 3-5 items total

Vegetables

Henry County Schools

## COLD ≠ COLD.

Cold weather doesn't cause colds – viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don't want to get sick, you should remember to wash your hands!



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

## Happy Holidays!

From  
Henry County Schools

*Featured Specials of the Day*

**Monday, December 8**

Sausage Biscuit, Chicken Biscuit,

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

**Tuesday, December 9**

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

1. Cheeseburger, 2. Deli Turkey Sandwich, 3. Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Fruit Cocktail

**Wednesday, December 10**

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

**Thursday, December 11**

WG Muffin w/ Yogurt, Breakfast Bun,

1. Chicken Strips w/ Mac & Cheese 2. PBJ/Wow Sandwich w/ Chips, Collard Greens, Cinnamon Sweet Potatoes, Cornbread, Frozen Juice Cup

**Friday, December 12**

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, Christmas Cookie

**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/>



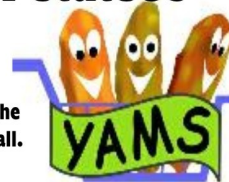
**HARVEST OF THE MONTH:**

**VEGETABLE**

**Sweet Potatoes**

Often called "yams" (although they're not really the same thing), sweet potatoes are among the most nutritious veggies of all.

They have a natural, delightful sweetness that increases with storage and with cooking.



**OF THE MONTH**

*Featured Specials of the Day*

**Monday, December 15**

Sausage Biscuit, Chicken Biscuit,

1. Beefy Nachos w/ Salsa 2. PBJ/Wow Sandwich w/ Chips, Black Beans & Corn Salsa, Applesauce Cup

**Tuesday, December 16**

WG Muffin w/ Yogurt, Blueberry Pancake Stick

1. Teriyaki Chicken & Rice, 2. PBJ/Wow Sandwich w/ Chips, 3. Garden Salad w/ Chicken, Sweet Peas, Carrot Sticks w/ Ranch, Sliced Peaches

**Wednesday, December 17**

Sausage Biscuit, Breakfast Frudel,

1. Lemon Pepper Wings w/ Roll, 2. PBJ/Wow Sandwich w/ Chips Steamed Broccoli, Mashed Potatoes, Fresh Apple

**Thursday, December 18**

WG Muffin w/ Yogurt, Apple Cinnamon Toast,

1. Chicken Sandwich Sack Lunch 2. PBJ/Wow Sandwich w/ Chips, 3. Manager's Choice Lunch Entrée, Carrot Sticks w/ Ranch, Celery Sticks w/ Ranch, Frozen Juice Cup

**Friday, December 19-Half Day**

Chicken Biscuit, Frosted Breakfast Pastry,

1. Stuffed Crust Pizza, 2. PBJ/Wow Sack Lunch  
3. Hot Dog Sack Lunch, Celery Sticks w/ Ranch, Carrot Sticks w/ Ranch, 100% Fruit Juice



**This holiday season, here's hoping we can all help keep each other safe and happy!**

**No School Dec. 22-Jan. 6**