

# Menus for September 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.



## Featured Specials of the Day

**Monday, September 1**

★ **LABOR DAY** ★

**Tuesday, September 2**

WG Muffin w/ Yogurt, French Toast Sticks w/ Sausage,  
1.Cheeseburger, 2.Deli Turkey Sandwich w/ Chips  
Seasoned Fries, Lettuce & Tomatoes, Sliced Pears

**Wednesday, September 3**

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

**Thursday, September 4**

WG Muffin w/ Yogurt, Breakfast Pizza,  
1.Beefy Nachos w/ Salsa 2.PBJ/Wow Sandwich w/ Chips,  
Black Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

**Friday, September 5**

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

# The original value meal & still a fantastic deal!

**Student  
Breakfast**

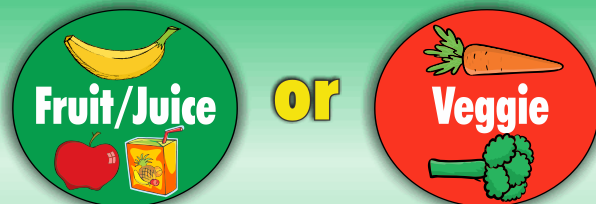
**Student  
Lunch**

# \$1.50 \$2.85

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

# DON'T GET!

To make a lunch, choose at least one



and 3-5  
items  
total

Henry County Schools

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

## LINQ Connect

Online School Meal Payment Portal: [Linqconnect.com](http://Linqconnect.com)



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



## Featured Specials of the Day

### Monday, September 8

Sausage Biscuit, Chicken Biscuit,

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

### Tuesday, September 9

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, September 10

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, September 11

WG Muffin w/ Yogurt, Strawberry Mini Pancakes

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

### Friday, September 12

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



## NUTRITION TO GO

When you munch on carrots or red pepper strips or an apple right before dinner time or as a first course at dinner, you're more likely to eat more of the fruit and veggies, and you're also less likely to overindulge on less healthy parts of your meal -- and you may even find that you don't have room for dessert!

## A QUICK BITE FOR TEENS

### LOCAL HARVEST OF THE MONTH

**FRUIT**

Apples are a member of the rose family! They supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice.

**Apple**

**OF THE MONTH**

## DON'T GET!

Take at least **ONE**

## FRUIT or VEGGIE

and at least **THREE** items total so your meal counts as a complete lunch!

## Featured Specials of the Day

### Monday, September 22

Sausage Biscuit, Chicken Biscuit,

1. BBQ Sandwich, 2. Chicken w/ Mac & Cheese  
Carrot Sticks w/ Ranch, Baked Beans (1/2 cup), Pineapple Tidbits

### Tuesday, September 23

WG Muffin w/ Yogurt, Blueberry Pancake Stick

1. Cheeseburger, 2. Deli Turkey Sandwich, 3. Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Mandarin Oranges, Sliced Pears

### Wednesday, September 24

Sausage Biscuit, Mini Bagels w/ Cream Cheese,

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

### Thursday, September 25

WG Muffin w/ Yogurt, Croissant Turkey Ham & Cheese,

- Breakfast Bun, 1. Lemon Pepper Chicken Wings w/ Roll  
2. Spicy Chicken Sandwich 3. Stuffed Crust Pizza, 4. PBJ/Wow Sandwich w/ Chips, Corn on the Cob, Celery Sticks w/ Ranch, 100% Fruit Juice

### Friday, September 26

- 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, September 29

Sausage Biscuit, Chicken Biscuit,

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

### Tuesday, September 30

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

1. Chicken Sandwich 2. Deli Turkey Sandwich 3. PBJ/Wow Sandwich w/ Chips, Potato Tots, Garden Salad w/ Ranch, Fresh Peach