

# Menus for FEBRUARY 2026



**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 Pizz
- Chicken Wrap
- Choice of Low Fat Milk

\*Pork products listed in pink.



# LINQ Connect

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

## Featured Specials of the Day

### Monday, February 2

*Sausage Biscuit, Chicken Biscuit,*

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

### Tuesday, February 3

*Sausage Egg, & Cheese Croissant, WG Muffin w/ Yogurt*

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

### Wednesday, February 4

*Sausage Biscuit, Breakfast Frudel,*

1. Chicken Nuggets w/ Roll,
2. PBJ/Wow Sandwich w/ Chips
3. *Manager's Choice*, Steamed Broccoli, Mashed Potatoes, Fresh Apple

### Thursday, February 5

*WG Muffin w/ Yogurt, Breakfast Pizza*

1. Chicken Alfredo w/ Roll
2. PBJ/Wow Sandwich w/ Chips,
3. Chicken Sandwich, Carrot Sticks w/ Ranch Green Beans, Frozen Juice Cup

### Friday, February 6

- Chicken Biscuit, Frosted Breakfast Pastry,*  
Lemon Pepper Chicken Wings w/ Roll, Stuffed Crust Pizza, Whole Kernel Corn, Celery Sticks w/ Ranch, 100% Fruit Juice

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

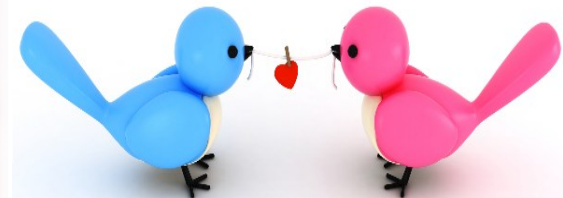
## DON'T 4 GET!

To make a lunch, choose at least one

**Henry County Schools**

## POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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

## Featured Specials of the Day

**Monday, February 9**

Sausage Biscuit, Chicken Biscuit,

1. BBQ Sandwich, 2. Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Pineapple Tidbits

**Tuesday, February 10**

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

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

**Wednesday, February 11**

Sausage Biscuit, Mini Bagels, w/ Cream Cheese,

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

**Thursday, February 12**

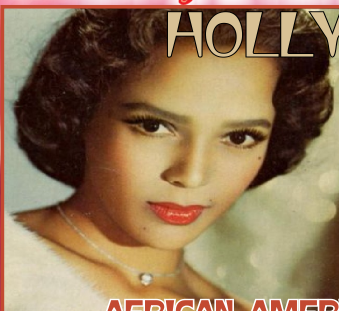
WG Muffin w/ Yogurt, Blueberry Pancake Stick

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

**Friday, February 13**

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, Chocolate Chip Cookie



## HOLLYWOOD HERO

The awards for the best movies and film performances (the "Oscars") are being held this year on February 24. The first Oscars were given out in 1929, but it wasn't until 1954 that an African-American (Dorothy Dandridge, pictured here) was nominated for a best acting award. She didn't win the Oscar, but she set the stage for future African-American winners Sidney Poitier, Denzel Washington, Halle Berry, Jamie Foxx, and Forest Whitaker.

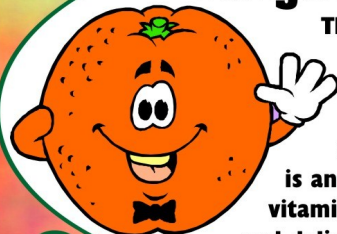
## AFRICAN AMERICAN HISTORY MONTH

Learn more at [blackpast.org](http://blackpast.org) or do a search for Dorothy Dandridge

## LOCAL HARVEST OF THE MONTH

# FRUIT

## Tangerine



This juicy fellow is easier to peel than his close cousin, the orange, and, like all oranges, is an excellent source of vitamin C. He's sweet and delicious!

# OF THE MONTH

# eat fit

## wanna stay fit?

## gotta eat right!

item: chocolate candies

verdict: just this once!



**tip:**

From a healthy eating standpoint, you know where this is going. But it IS Valentine's Day. Just promise to do something really healthy with your sweetheart next week!



## WINTER BREAK

No School

Feb. 16- Feb. 20



## Featured Specials of the Day

**Monday, February 23**

Sausage Biscuit, Chicken Biscuit,

1. Crisпитos 2. PBJ/Wow Sandwich w/ Chips, 3. MaxSnax Tacos, Salsa, Carrot Sticks w/ Ranch, Black Bean & Corn Salsa, Fresh Mandarin Orange

**Tuesday, February 24**

Sausage Egg, & Cheese Croissant, WG Muffin w/ Yogurt

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

**Wednesday, February 25**

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, February 26**

WG Muffin w/ Yogurt, Breakfast Bun, Strawberry Mini Pancakes

1. Chicken Strips w/ Mac & Cheese 2. PBJ/Wow Sandwich w/ Chips, 3. Deli Turkey w/ Chips, Collard Greens, Cinnamon Sweet Potatoes, Cornbread, Frozen Juice Cup

**Friday, February 27**

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