



Menus for
May 2026
Henry County Middle Schools

This institution is an equal opportunity provider. Menus are subject to change.

SCHOOL LUNCH SUPERHERO DAY

MAY 1ST



AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 4-8

Featured Specials of the Day

Monday, May 4

Sausage Biscuit, Chicken Biscuit,
1. Cowboy BBQ Nachos, 2. Chicken Sandwich, Carrot Sticks, Baked Beans (1/2 cup), Pineapple Tidbits

Tuesday, May 5

French Toast Sticks & Sausage, WG Muffin w/Yogurt
1. Cheeseburger, 2. Deli Turkey Sandwich, 3. Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Strawberry Slices

Wednesday, May 6

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

Thursday, May 7

WG Muffin w/ Yogurt, Breakfast Pizza,
1. BBQ Fajita Chicken w/ Roll 2. PBJ/Wow Sandwich w/ Chips, 3. BBQ on Bun, Mac & Cheese, Carrot Sticks w/ Ranch, Green Beans, Frozen Juice Cup

Friday, May 8

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

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



Mother's Day is Sunday, May 10
Don't forget Mom!



DON'T 4-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, May 11

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, May 12

WG Muffin w/ Yogurt, Strawberry Mini Pancakes,

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

Wednesday, May 13

Sausage Biscuit, Mini Bagels w/Cream Cheese,

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

Thursday, May 14

WG Muffin w/ Yogurt, Blueberry Pancake Stick

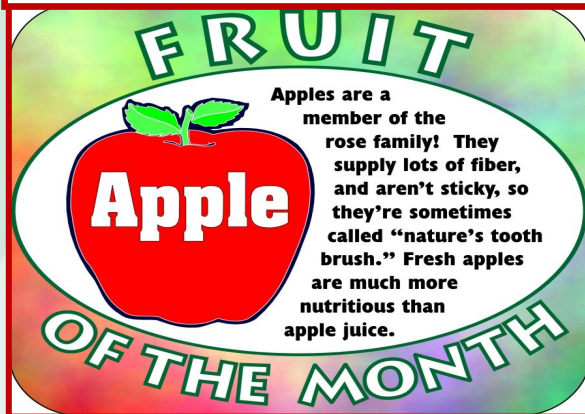
1. Orange Chicken w/Rice,
2. PBJ/Wow Sandwich w/ Chips, Green Peas, Carrot Sticks, Frozen Juice Cup

Friday, May 15

Chicken Biscuit, Frosted Breakfast Pastry

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

HARVEST OF THE MONTH:



LINQ Connect

Online School Meal Payment Portal: Linqconnect.com

eat fit

wanna stay fit?
gotta eat right!

item: water verdict: ripped

tip: Use water to power your workouts – and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



Congratulations and best of luck to all members of the Class of 2026



HAVE A GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you when school starts up again!

Featured Specials of the Day

Monday, May 18

*Manager's Choice
Breakfast & Lunch Options

Tuesday, May 19

*Manager's Choice
Breakfast & Lunch Options

Wednesday, May 20

*Manager's Choice
Breakfast & Lunch Options

Thursday, May 21

*Manager's Choice
Breakfast & Lunch Options

Friday, May 22

*Manager's Choice
Breakfast & Lunch Options

*Contact your school's nutrition manager for the manager's choice options for the day

OR

*View menus on linqconnect.com:

1. Click "school services" in right hand corner, select "school menus" in drop down menu
2. Search for District, "Henry County Schools (McDonough, Georgia)" Click continue
3. The menus will pop up for a school. You can change the school by clicking the down arrow in the "school" box on right hand side of screen.
4. If you want to see the nutrients in an item, click on item & the nutrition information will appear.