Henry County Elementary Schools
Afterschool Enrichment Program

Menus for NOVEMBER 2026

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

NUTRITION TO GO

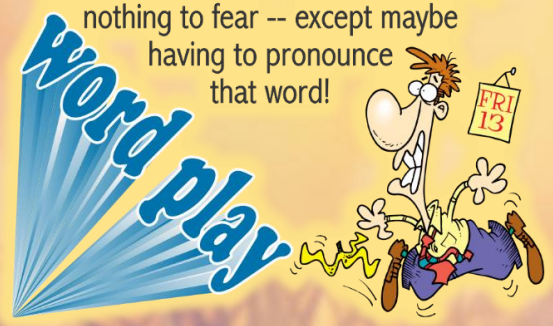
Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

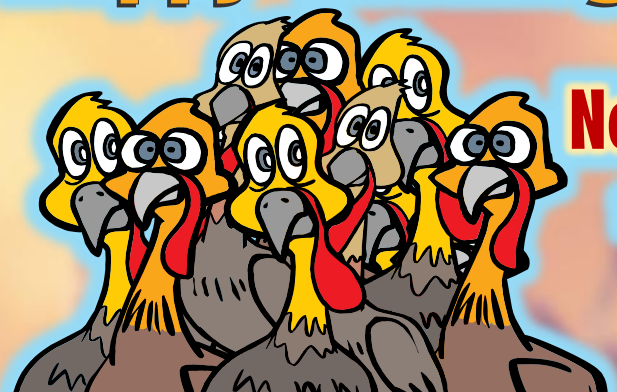
Monday, Nov. 2	Tuesday, Nov. 3	Wed, Nov. 4	Thursday, Nov. 5	Friday, Nov. 6
Whole Grain Muffin Milk	No School	Smart Snack Chips 100% Fruit Juice	WG Frudel Milk	WG Cereal Milk
Monday, Nov. 9	**Tuesday, Nov.10**	**Wed, Nov. 11**	**Thursday, Nov.12**	**Friday, Nov. 13**
Whole Grain Muffin Milk	Corn Dog 100% Fruit Juice	Smart Snack Chips 100% Fruit Juice	Goldfish Crackers 100% Fruit Juice	Graham Crackers Milk
Monday, Nov. 16	**Tuesday, Nov.17**	**Wed, Nov. 18**	**Thursday, Nov.19**	**Friday, Nov. 20**
Whole Grain Muffin Milk	WG Frudel Milk	Smart Snack Chips 100% Fruit Juice	WG Cereal Milk	Mini Bagels 100% Fruit Juice
Monday, Nov. 30				
Whole Grain Muffin Milk				

Friggatriskaidekaphobia

"Friggatriskaidekaphobia" is the irrational fear of Friday the 13th. There's really nothing to fear -- except maybe having to pronounce that word!



Happy Thanksgiving!



No School

11/23-11/27