

Menus for October 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.



taste the world: your school LUNCH passport!



National School Lunch Week | October 13-17, 2025

#NSLW Art Contest
Submit Your Original
#NSLW Themed Art
to Your School Nutrition
Manager by Oct. 17th

Featured Specials of the Day

Monday, September 29

Sausage Biscuit, Chicken Biscuit,

1.Crispitos 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

Wednesday, October 1

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

Thursday, October 2

WG Muffin w/ Yogurt, Apple Cinnamon Toast 1.Lil Smokies w/ Mac & Cheese 2.PBJ/Wow Sandwich w/ Chips, Steamed Cabbage, Carrot Sticks w/ Ranch, Cornbread, Frozen Juice Cup

Friday, October 3

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



Featured Specials of the Day

Monday, October 6

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, October 7

WG Muffin w/ Yogurt, French Toast Sticks w/ Sausage, 1.Teriyaki Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch, Sliced Peaches

Wednesday, October 8

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, October 9

WG Muffin w/ Yogurt, Apple Cinnamon Toast, 1.Chicken & Waffles 2.PBJ/Wow Sandwich w/ Chips, Sweet Potato Fries, Celery Sticks w/ Ranch Frozen Juice Cup

Friday, October 10

ASYNCHRONOUS LEARNING DAY

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

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**SUBMIT YOUR ORIGINAL #NSLW
THEMED ART TO YOUR SCHOOL
NUTRITION MANAGER BY OCT. 17TH
& YOU COULD WIN A PRIZE!!**

NATIONAL SCHOOL LUNCH WEEK

Monday, October 13

Sausage Biscuit, Chicken Biscuit,

1. BBQ Rib Tips w/ Roll, 2. Chicken Sandwich,
Coleslaw, Baked Beans (1/2 cup), Pineapple Tidbits

Tuesday, October 14

WG Muffin w/ Yogurt, Cheese Grits w/ Sausage & Toast,
1. Cheeseburger, 2. Deli Turkey Sandwich, 3. Garden Salad
w/ Chicken, Seasoned Fries, Lettuce & Tomatoes,
Sliced Pears

Wednesday, October 15

Sausage Biscuit, Breakfast Frudel,

1. Chicken Nuggets w/ Roll, 2. PBJ/Wow Sandwich
w/ Chips 3. Orange Chicken, Steamed Broccoli,
Savory Rice, Carrot Sticks w/ Ranch, Fresh Apple

Thursday, October 16

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

Friday, October 17

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

Monday, October 20

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

Tuesday, October 21

French Toast Sticks w/ Sausage, WG Muffin w/ Yogurt
1. Spicy Chicken Sandwich, 2. Deli Turkey Sandwich
3. Garden Salad w/ Chicken, Potato Tots,
Garden Salad w/ Ranch, Sliced Peaches

Wednesday, October 22

Sausage Biscuit, Mini Bagel w/ Cream Cheese

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

Thursday, October 23

WG Muffin w/ Yogurt, Blueberry Pancake Stick,

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

Friday, October 24

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

LOCAL HARVEST OF THE MONTH

VEGETABLE
Butternut Squash
As butternut squash ripens, it turns a deep orange and becomes sweeter and richer – perfect for soups, muffins, and breads. Butternut Squash is a good source of vitamin C, vitamin A, fiber, and potassium.
OF THE MONTH

**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/divisions/business-and-financial-services/school->

Monday, October 27

Sausage Biscuit, Chicken Biscuit,

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

Tuesday, October 28

WG Muffin w/ Yogurt, Turkey Sausage & Egg Scrambler

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

Wednesday, October 29

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, October 30

WG Muffin w/ Yogurt, Breakfast Bun,

1. Chicken Strips w/ Mac & Cheese 2. PBJ/Wow Sandwich
w/ Chips, 3. Deli Turkey w/ Chips, Carrot Sticks w/ Ranch,
Green Beans, Frozen Juice Cup

Friday, October 31 (BE SAFE!)

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