


Menus for November 2025

Henry County Elementary Schools After School Snack Program

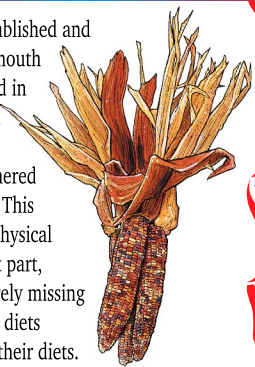
This institution is an equal opportunity provider and employer.

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

OUR NATION'S HISTORY



In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



WITH LIBERTY & JUSTICE FOR ALL



We're **THANKFUL...** For Your Patronage

What's on YOUR plate?

Monday, Nov. 3
WG Muffin
Milk

Tuesday, Nov. 4
No School

Wednesday, Nov. 5
Smart Snack Chips
100% Juice

Thursday, Nov. 6
Mini Bagels
100% Juice

Friday, Nov. 7
WG Cereal
Milk

Monday, Nov. 10
WG Muffin
Milk

Tuesday, Nov. 11
Corn Dog
(Ketchup & Mustard)
100% Juice

Wednesday, Nov. 12
Smart Snack Chips
100% Juice

Thursday, Nov. 13
Goldfish Crackers
100% Juice

Friday, Nov. 14
WG Graham Crackers
Milk

Monday, Nov. 17
WG Muffin
Milk

Tuesday, Nov. 18
WG Frudel
Milk

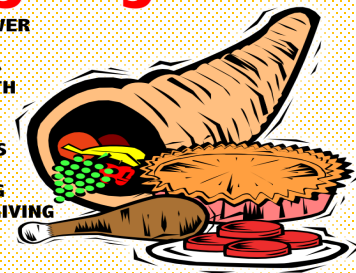
Wednesday, Nov. 19
Smart Snack Chips
100% Juice

Thursday, Nov. 20
Mini Bagels
100% Juice

Friday, Nov. 21
WG Cereal
Milk

Find the two dozen Thanksgiving words!

- AMERICA
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- MAIZE
- MAYFLOWER
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- SAIL
- SETTLERS
- SQUASH
- STUFFING
- THANKSGIVING
- TURKEY
- YAMS



S M K E Y D E Z I A M C N N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
O C D R G L K M E H F C N I
L I P I R E W O L F Y A M
B S G M U L A R B O U W H S
Z F A T P O D V S I T U T A
J F A L L S M A Y H S H Z B



Enjoy Thanksgiving Break
November 24-28

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html