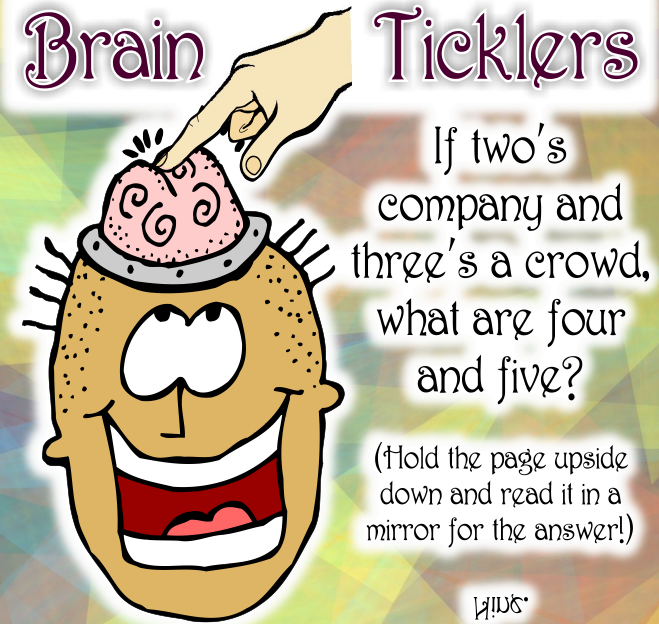


Menus for September 2025

Henry County Elementary Schools After School Snack Program

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



If two's company and three's a crowd, what are four and five?

(Hold the page upside down and read it in a mirror for the answer!)

11/15/25

Eat Smart Snacks!



Tuesday, Sept. 2 WG Frudel Milk	Wednesday, Sept. 3 Smart Snack Chips 100% Juice	Thursday, Sept. 4 Mini Bagels 100% Juice	Friday, Sept. 5 WG Cereal Milk
Monday, Sept. 8 WG Muffin Milk	Tuesday, Sept. 9 Corn Dog (Ketchup & Mustard) 100% Juice	Wednesday, Sept. 10 Smart Snack Chips 100% Juice	Thursday, Sept. 11 Goldfish Crackers 100% Juice
Monday, Sept. 12 WG Muffin Milk	Tuesday, Sept. 13 WG Frudel Milk	Wednesday, Sept. 14 Smart Snack Chips 100% Juice	Thursday, Sept. 15 Mini Bagels 100% Juice
Monday, Sept. 22 WG Muffin Milk	Tuesday, Sept. 23 WG Frudel Milk	Wednesday, Sept. 24 Smart Snack Chips 100% Juice	Thursday, Sept. 25 Mini Bagels 100% Juice
Monday, Sept. 29 WG Muffin Milk	Tuesday, Sept. 30 Corn Dog (Ketchup & Mustard) 100% Juice	Wednesday, Oct. 1 Smart Snack Chips 100% Juice	Thursday, Oct. 2 Goldfish Crackers 100% Juice
			Friday, Oct. 3 WG Graham Crackers Milk

NUTRITION TO GO

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them.

They're also less likely to over-indulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

A QUICK BITE FOR PARENTS

