

May 2019

GEARY SCHOOLS

BREAKFAST



All meals include a choice of non-fat or 1% milk.

This institution is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

Biscuit
Sausage & Eggs Patty
Oranges
Juice
Milk

6

Ham & Cheddar Omelet
Toast with Jelly
Pears
Juice
Milk

7

Pancake on a Stick
Apple Sauce
Juice
Milk

1

Breakfast Burrito
Banana
Juice
Milk

2

No School

3

French Toast Sticks
Sausage Patty
Fruit Cocktail
Juice
Milk

13

Bacon Egg Bagel
Peaches
Juice
Milk

14

Breakfast Pizza
Pineapple Tidbits
Juice
Milk

8

Cinnamon Rolls
Yogurt Cup
Banana
Juice
Milk

9

No School

10

Pancake on a Stick
Apple Sauce
Juice
Milk

20

Bacon Egg Bagel
Peaches
Juice
Milk

21

Biscuit & Sausage Gravy
Mandarin Oranges
Juice
Milk

15

Maple Pancakes
Sausage links
Banana
Juice
Milk

16

No School

17

27

28

29

30

31

May 2019

Geary Schools

LUNCH



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



Tuesday



Wednesday

Thursday

Friday

Fish Sandwich
Lettuce & Tomato
Pickle Spear
Baked Beans
Tropical Fruits
Milk

6

Chicken Nuggets
Mashed Potatoes W/ Gravy
Fresh Broccoli
Hot Roll
Peaches
Milk

7

Chicken Quesadilla Pizza
Ranch Style Beans
Hominy
Grapes
Milk

8

Hamburgers
Potato wedges
Lettuce & Pickles
Mandarin Oranges
Milk

9

No School

10

Corn Dogs
Tater Tots
Baby Carrots
Cinnamon Apples
Milk

13

Sloppy Joes
Potato Chips
Creamy Coleslaw
Pickle Spear
Fruit Cocktail
Milk

14

Chicken Wraps
Lettuce & Tomato
Green Beans
Grapes
Milk

15

Uncrustables
Doritos
Pudding Cups
Rice Krispy Treats
Apples
Milk

16

No School

17

Pizza
Mixed Salad with Spinach
Black-eyed-peas
Tropical Fruit
Milk

20

Salisbury Steak
Seasoned Rice with Gravy
Fresh Broccoli
Pears
Milk

21

Tuna Sandwiches
Pickle Spear
Lettuce & Tomato
French Fries
Peaches
Milk

22

23

24

27

28

29

30

31

May 2019

GEARY HIGH SCHOOL

LUNCH



Second Choice Menu



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday



Hamburger

6

BQ Rib San

13

No Second

20

27

Tuesday



Steak Patty

7

Fish San

14

No Second

21

28

Wednesday

Corn Dogs

1

Burrito

8

Baked Potato

15

No Second

22

29

Thursday

Pizza

2

Grilled Chicken San

9

No Second

16

23

30

Friday

No School

3

No School

10

No School

17

24

31