

January 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

NO SCHOOL

1

Bacon & Egg Bagel
Peaches
Juice
Milk

2

Pancake on a Stick
Apple Sauce
Juice
Milk

3

NO SCHOOL

4

Maple Pancakes
Sausage Patty
Fruit Cocktail
Juice
Milk

7

Biscuit & Sausage Gravy
Pears
Juice
Milk

8

Breakfast Muffin
Yogurt
Tropical Fruit
Juice
Milk

9

Scrambled Eggs
Little Smokies
Banana
Juice
Milk

10

Breakfast Burrito
Orange Slices
Juice
Milk

11

Ham & Cheddar Omelet
Toast with Jelly
Peaches
Juice
Milk

14

French Toast Sticks
Sausage Patty
Pears
Juice
Milk

15

Breakfast Pizza
Apple Sauce
Juice
Milk

16

Breakfast Combo Bar
Hashbrowns
Toast with Jelly
Banana
Juice
Milk

17

Cinnamon Rolls
Yogurt
Orange Slices
Juice
Milk

18

NO SCHOOL

21

Biscuit & Sausage Gravy
Peaches
Juice
Milk

22

Bacon & Egg Bagel
Fruit Cocktail
Juice
Milk

23

Pancake on a Stick
Banana
Juice
Milk

24

Breakfast Muffin
Yogurt
Orange Slices
Juice
Milk

25

Maple Pancakes
Sausage Patty
Pears
Juice
Milk

28

Soft Breakfast Tacos
Peaches
Juice
Milk

29

Cinnamon Rolls
Yogurt
Fruit Cocktail
Juice
Milk

30

Ham & Cheddar Omelet
Toast with Jelly
Banana
Juice
Milk

31





School Information: Type your school information here.



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Monday



7
Fish Sticks
Potato Wedges
Green Beans
Peaches
Milk

14
Chicken & Noodles
Peas & Carrots
Hot Rolls
Fruit Cocktail
Milk

21
NO SCHOOL

28
Grilled Chicken San
Lettuce & Pickles
Potato Wedges
Fruit Cocktail
Milk

Tuesday

1
NO SCHOOL

8
Taco Soup
Tortilla Chips
Fresh Broccoli
Mandarin Oranges
Milk

15
Chili Cheese Dogs
Tater Tots
Fresh Broccoli
Tropical Fruit
Milk

22
Pig in a Blanket (Elem)
Corn Dogs (High School)
French Fries
Glazed Carrots
Tropical Fruit
Milk

29
Lasagna
Mixed Salad
Italian Green Beans
Garlic Bread
Pineapple Tidbits
Milk

Wednesday

2
Corn Dogs
Baked French Fries
Corn
Fruit Cocktail
Milk

9
Pizza
Mixed Salad
Black-eyed Peas
Pineapple Tidbits
Milk

16
Meat Ball Sub
Mixed Salad with Spinach
Italian Green Beans
Pineapple Tidbits
Milk

23
Hamburger Stew
Corn Bread
Fresh Broccoli
Fresh Grapes
Milk

30
Super Nachos
Ranch Style Beans
Fresh Broccoli
Fresh Grapes
Milk

Thursday

3
Hamburgers
Lettuce & Pickles
Baby Carrots
Potato Chips
Cookies
Apple Slices & Milk

10
Chicken Fried Steak
Mashed Potatoes & Gravy
Corn
Hot Rolls
Fresh Grapes
Milk

17
Chicken Fajitas
Mexicali Corn
Cream Cheese Churro
Fresh Grapes
Milk

24
Pop Corn Chicken
Mashed Potatoes & Gravy
Corn
Hot Rolls
Pineapple Tidbits
Milk

31
Creamed Turkey
Mashed Potatoes
Corn
Hot Rolls
Melon Medley
Milk

Friday

4
NO SCHOOL

11
Turkey & Cheese Sandwich
Lettuce & Pickles
Baby Carrots
Doritos
Cookies
Apple Slices & Milk

18
Hamburgers
Lettuce & Pickles
Sweet Potato French Fries
Cookies
Apple Slices
Milk

25
Hot Ham & Cheese
Baked Beans
Doritos
Apple Crisp
Milk





Second Choice Menu



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



NO SCHOOL 1

NO SECOND 2

NO SECOND 3

NO SCHOOL 4

BQ Rib Sandwich 7

Burrito 8

Baked Potato with Fixings 9

Pop Corn Chicken 10

No Second 11

Grilled Chicken San 14

Corn Dog 15

Pizza 16

Burrito 17

No Second 18

NO SCHOOL 21

Hamburger 22

Baked Potato with Fixings 23

Steak Patty 24

No Second 25

BQ Rib San 28

Pizza 29

Burrito 30

Pop Corn Chicken 31

