

# BREAKFAST

April 2014

GEARY SCHOOLS

## Nutrition Tip

Drink Water! Drink water instead of sugary drinks when you're thirsty. To maintain a healthy weight, sip water or other drinks with few or no calories.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



## \* monday

## \* tuesday

## \* wednesday

## \* thursday

## \* friday

1

Breakfast Burrito  
Fruit Cocktail  
Milk

WG Cereal  
Yogurt  
Juice  
Milk

Biscuit & Gravy  
Peaches  
Milk

Pancake-on-Stick  
Orange Slices  
Milk

Breakfast Pizza  
Pears  
Milk

Biscuit  
Sausage  
Mandarin Oranges  
Milk

WG Cereal Bar  
Yogurt  
Juice  
Milk

Cheese Toast  
Fruit Cocktail  
Milk

Waffle Sticks  
Sausage  
Orange Slices  
Milk

Breakfast Burrito  
Peaches  
Milk

Sausage  
Hashbrowns  
Toast  
Milk

WG Apple Churro  
Yogurt  
Juice  
Milk

Biscuit & Gravy  
Fruit Cocktail  
Milk

NO SCHOOL  
GOOD FRIDAY

Waffle Sticks  
Sausage  
Pears  
Milk

Pancake-on-Stick  
Apple Sauce  
Milk

WG Cereal  
Yogurt  
Juice  
Milk

Breakfast Pizza  
Peaches  
Milk

Biscuit  
Sausage  
Orange Slices  
Milk

Sausage  
Hashbrowns  
Toast  
Milk

Breakfast Burrito  
Fruit Cocktail  
Milk

WG Cereal Bar  
Yogurt  
Juice  
Milk

**All meals include a choice of non-fat or 1% milk.**  
**Geary Schools are an equal opportunity provider and employer.**

# LUNCH

April 2014

GEARY SCHOOLS

## 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

Chicken Nuggets **1**  
Mashed Pot & Gravy  
Green Beans  
WG Roll  
Apple Sauce

WG Pizza **2**  
Mixed Salad W/Spinach  
Black-eyed Peas  
Pineapple Tidbits  
Milk

Taco Soup **3**  
Tortilla Chips  
Broccoli  
Grapes  
Milk

Ham & Cheese San **4**  
Leafy Lettuce & Pickles  
Pork & Beans  
Baked Chips  
Apple Sauce

Corn Dog **7**  
Baked FF  
Mixed Vegetables  
Fruit Cocktail  
Milk

Chicken Quesidilla Pizza **8**  
Corn  
Ranch Beans  
Pineapple Tidbits  
Milk

Italian Pasta Bake **9**  
Mixed Salad W/Spinach  
Broccoli  
WG Bread Sticks  
Peaches

Creamed Chicken on **10**  
Mashed Potatoes  
Green Beans  
WG Roll  
Pears

Hamburger on WG Bun **11**  
Leafy Lettuce & Pickles  
Tater Tots  
Fruit Cocktail  
Milk

Fish Sticks **14**  
Potato Wedges  
Peas & Carrots  
Tropical Fruit Mix  
Milk

Hamburger Stew **15**  
Broccoli Salad  
Corn Bread  
Peanut Butter Cookies  
Pineapple Tidbits

WG Pizza **16**  
Mixed Salad W/Spinach  
Black-eyed Peas  
Pears  
Milk

Baked Ham **17**  
Sweet Potatoes  
Green Beans  
WG Roll  
Peaches

**18**  
NO SCHOOL  
  
GOOD FRIDAY

Pig-in-Blanket **21**  
Baked Beans  
French Fries  
Pineapple Tidbits  
Milk

Steak Fingers **22**  
Mashed Pot & Gravy  
Peas & Carrots  
WG Roll  
Fruit Cocktail

Spaghetti W/Meat Sauce **23**  
Mixed Salad W/Spinach  
Broccoli  
Bread Sticks  
Pears

Frito Chili Pie **24**  
Corn  
Ranch Style Beans  
Grapes  
Milk

Turkey & Cheese San **25**  
Leafy Lettuce & Pickles  
Baby Carrots  
Baked Chips  
Tropical Fruit Mix

Hot Ham & Cheese **28**  
Tater Tots  
Pork & Beans  
Peanut Butter Cookie  
Apple Sauce

Chicken Dressing Mix **29**  
Aug Gratin Potatoes  
Green Beans  
WG Roll  
Peaches

Quesidilla Pizza **30**  
Corn  
Ranch Style Beans  
Pineapple Tidbits  
Milk

All meals include a choice of non-fat or 1% milk. Reduced fat dressing is served with salads and fresh vegetables. Geary Schools are an equal opportunity provider and employer.

# LUNCH

April 2014

GEARY HIGH SCHOOL

## 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

Steak Fingers

1

Meat Ball Sub

2

Burrito

3

No Second

4

Fish Sticks

7

Burrito

8

Pizza

9

Chicken Strips

10

No Second

11

Corn Dog

14

Frito Chili Pie

15

Baked Potato

16

Steak Patty

17

NO SCHOOL

18

BQ Rib San

21

Pop Corn Chicken

22

Meat Ball Sub

23

Burrito

24

No Second

25

Hamburger

28

29

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30

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