

February 2017

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

Bacon, Egg & Cheese
Bagel
Pears
Juice
Milk

1

French Toast Sticks
Sausage Patty
Banana
Juice
Milk

2

Biscuit
Ham & Egg
Oranges
Juice
Milk

3

Cheese Toast
Peaches
Juice
Milk

6

Breakfast Combo Bar
Hashbrowns & Toast
Pears
Juice & Milk

7

Cereal
Nutra Grain Bar -High School
Yogurt
Mandarin Oranges
Juice
Milk

8

Soft Breakfast Tacos with
Salsa
Bananas
Juice
Milk

9

Pancake on a Stick
Oranges
Juice
Milk

10

Breakfast Burrito
Fruit Cocktail
Juice
Milk

13

Biscuit and Gravy
Peaches
Juice
Milk

14

Bacon, Egg and Cheese
Bagel
Pears
Juice & Milk

15

Waffle Sticks
Sausage Patty
Banana
Juice
Milk

16

Cinnamon Roll
Oranges
Juice
Milk

17

No School

20

Biscuit
Sausage & Egg Patty
Pineapple Tidbits
Juice
Milk

21

Cereal
Apple Churro-High School
Yogurt
Mandarin Oranges
Juice & Milk

22

Scrambled Eggs W/Ham
Cinnamon Toast
Banana
Juice
Milk

23

French Toast Sticks
Sausage Patty
Oranges
Juice
Milk

24

Cheese Toast
Tropical Fruit Mix
Juice
Milk

27

Biscuit & Gravy
Fruit Cocktail
Juice
Milk

28



February 2017

GEARY SCHOOLS

LUNCH



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Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Wrap
Romaine & Tomatoes
Baked French Fries
Fruit Cocktail
Milk

6

Mac & Cheese with
Little Smokies
Peas & Carrots
Hot Roll, Tropical Fruit
Milk

7

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

1

Baked Chicken
Mashed Potatoes W/Gravy
Green Beans
Bread Sticks
Tropical Fruit Mix
Milk

2

Hamburger
Romaine & Pickles
Dorito Chips
Cookies
Apple Slices
Milk

3

Pig – N – Blanket
Creamy Coleslaw
Baked French Fries
Red, White and Blue Fruit Mix
Milk

13

Valentine Chicken Nuggets
Mashed Potatoes with Gravy
Green Beans
Bread Sticks
Red Velvet Cake
Milk

14

Chicken Fajitas
Ranch Style Beans
Corn
Fresh Grapes
Milk

15

Salisbury Steak
Seasoned Rice W/Gravy
Oven Roasted Vegetables
Tropical Fruit Mix
Milk

16

Sloppy Joe
Tater Tots
Fresh Vegetable Dippers
Apple Slices
Milk

17

No School

20

Pulled Pork San
Baked Beans
Ranch Potato Wedges
Fruit Cocktail & Milk

21

Meat Ball Sub
Mixed Salad W/Spinach
Fresh Broccoli
Pears
Milk

22

Creamed Chicken
Mashed Potatoes
Green Beans
Hot Rolls
Fresh Grapes & Milk

23

Frito Chili Pie
Corn
Baby Carrots
Apple Slices
Milk

24

Chicken Pot Pie
Mixed Salad
Mandarin Oranges
Milk

27

Meat Loaf
Mashed Potatoes & Gravy
Corn on the Cob
Garlic Bread Sticks
Peaches & Milk

28



February 2017

GEARY HIGH SCHOOL

LUNCH



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



Grilled Chicken San

6

Baked Chicken

7

Baked Potato

1

Pop Corn Chicken

2

No Second

3

Chicken Wrap

13

Salisbury Steak

14

No Second

8

Diced Ham & Turkey for
Chef Salad

9

No Second

10

No School

20

BQ Rib San

21

Burrito

15

Baked Chicken

16

No Second

17

Pizza

27

Steak Patty

28

Baked Potato

22

Pop Corn Chicken

23

No Second

24

