

# January 2017

## GEARY SCHOOLS

### BREAKFAST



All meals include a choice of non-fat 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

2

Biscuit  
Sausage & Egg Patty  
Peaches  
Juice  
Milk

3

Pancake on a Stick  
Apple Sauce  
Juice  
Milk

4

Breakfast Burrito  
Banana  
Juice  
Milk

5

NO SCHOOL

6

Bacon, Egg & Cheese  
Bagel  
Fruit Cocktail  
Juice  
Milk

9

Biscuit and Gravy  
Tropical Fruit Mix  
Juice  
Milk

10

Cereal  
Nutra Grain Bar – High School  
Mandarin Oranges  
Juice  
Milk

11

Cheese Toast  
Banana  
Juice  
Milk

12

French Toast Sticks  
Sausage Patty  
Orange Smiles  
Juice  
Milk

13

NO SCHOOL

16

Breakfast Combo Bar  
Hashbrowns  
Toast  
Pears  
Juice  
Milk

17

Breakfast Pizza  
Apple Sauce  
Juice  
Milk

18

Soft Breakfast Tacos with  
Salsa  
Bananas  
Juice  
Milk

19

Cinnamon Rolls  
Orange Smiles  
Juice  
Milk

20

Biscuit  
Sausage & Egg Patty  
Peaches  
Juice  
Milk

23

Bacon, Egg & Cheese  
Bagel  
Mandarin Oranges  
Juice  
Milk

24

Cereal  
Apple Churro – High School  
Pears  
Juice  
Milk

25

Scrambled Eggs W/Ham  
Cinnamon Toast  
Bananas  
Juice  
Milk

26

Pancake on a Stick  
Orange Smiles  
Juice  
Milk

27

Breakfast Burrito  
Tropical Fruit Mix  
Juice  
Milk

30

Biscuit and Gravy  
Mandarin Oranges  
Juice  
Milk

31





All menus 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 2

Grilled Chicken San Romaine & Tomatoes 3  
Tater Tots  
Fruit Cocktail  
Milk

Taco Salad 4  
Fiesta Corn  
Grapes  
Milk

Pulled Pork San 5  
Baked Beans  
Sweet Potato Waffle Fries  
Apple Slices  
Milk

NO SCHOOL 6

Chicken Wrap 9  
Romaine & Tomatoes  
Ranch Style Beans  
Baked French Fries  
Peaches  
Milk

Salisbury Steak 10  
Seasoned Rice W/Gravy  
Italian Green Beans  
Homeade Rolls  
Pears  
Milk

Pizza 11  
Mixed Salad W/Spinach  
Black-eyed Peas  
Pineapple Tidbits  
Milk

Beef Pot Roast with 12  
Potatoes & Carrots  
Fresh Broccoli  
Bread Sticks  
Grapes  
Milk

Hamburger 13  
Romaine & Pickles  
Chips & Cookies  
Apple Slices & Milk

NO SCHOOL 16

Pig – N – Blanket 17  
Baked Beans  
Mixed Vegetables  
Fruit Cocktail  
Milk

Chicken Quesadilla 18  
Mixed Salad W/Spinach  
Fiesta Corn  
Grapes  
Milk

Lasagna 19  
Mixed Salad W/Spinach  
Italian Green Beans  
Bread Sticks  
Mandarin Oranges  
Milk

Fish Sticks 20  
Ranch Potato Wedges  
Creamy Coleslaw  
Tropical Fruit  
Milk

Chicken & Noodles 23  
Peas & Carrots  
Fresh Broccoli  
Homeade Rolls  
Fruit Cocktail  
Milk

Taco Soup 24  
Tortilla Chips  
Baby Carrots  
Apple Sauce  
Milk

Meat Ball Sub 25  
Mixed Salad W/Spinach  
Black-eyed Peas  
Pineapple Tidbits  
Milk

Chicken Fried Steak 26  
Mashed Potatoes W/Gravy  
Corn on the Cob  
Bread Sticks  
Grapes  
Milk

Hot Ham & Cheese 27  
Baked Beans  
Tater Tots  
Apple Slices  
Milk

Chicken Crisпитos 30  
Ranch Style Beans  
Fiesta Corn  
Peaches  
Milk

Beef Stew 31  
Corn Bread  
Fresh Broccoli  
Fruit Cocktail  
Milk



# January 2017

## GEARY HIGH SHOOOL

### 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

NO SCHOOL 2

Steak San 3

Chicken Wrap 4

BQ Rib Patty 5

NO SCHOOL 6

Hamburger 9

Baked Chicken 10

Baked Potato with Diced Ham 11

Steak Patty 12

No Second 13

NO SCHOOL 16

Chicken Wrap 17

Diced Ham & Turkey 18

Meat Ball Sub 19

No Second 20

Chicken Wrap 23

Burrito 24

Baked Potato with Diced Ham 25

Baked Chicken 26

No Second 27

Chicken Fajitas 30

Steak San 31

 

