

# LUNCH

June 2015

## GEARY SUMMER PROGRAM

### Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.



Hamburger  
Baked FF  
Romaine & Pickles  
Mandarin Oranges  
Milk ❄️ **monday**

Tuna Casserole  
Green Beans  
Baby Carrots  
Roll  
Pears ❄️ **tuesday**

Frito Chili Pie  
Ranch Style Beans  
Corn  
Tropical Fruit Mix  
Milk ❄️ **wednesday**

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

Grilled Chicken San  
Romaine & Pickles  
Tater Tots  
Apple Slices  
Milk ❄️ **friday**

Steak San **1**  
Romaine, Pickles & Tomato  
Baked Bean  
Pears  
Milk

Corn Dog **2**  
Mixed Vegetables  
Baked FF  
Orange Slices  
Milk

Chicken Nuggets **3**  
Mashed Potatoes  
Peas & Carrots  
Roll  
Mandarin Oranges

Spaghetti W/Meat Sauce **4**  
Mixed Salad  
Green Beans  
Garlic Bread  
Fruit Cocktail

Ham & Cheese San **5**  
Romaine & Pickles  
Pork & Beans  
Broccoli  
Apple Slices

Chicken Queso Pizza **8**  
Mixed Salad  
Corn  
Peaches  
Milk

Pig-in-Blanket **9**  
Baked Beans  
Tater Tots  
Fruit Cocktail  
Milk

Steak Fingers **10**  
Mashed Potatoes  
Carrots  
Roll  
Tropical Fruit Mix

Meat Ball Sub **11**  
Mixed Salad W/Spinach  
Green Beans  
Grapes  
Milk

Chef Salad W/Ham & Turk **12**  
Tomatoes  
Baby Carrots  
Garlic Bread  
Apple Slices

Hamburger **15**  
Romaine & Pickles  
Baked FF  
Pears  
Milk

Fish Sticks **16**  
Potato Wedges  
Peas & Carrots  
Mandarin Oranges  
Milk

BQ Rib San **17**  
Baked Beans  
Corn  
Pineapple Tidbits  
Milk

Pizza **18**  
Mixed Salad  
Black-eyed Peas  
Grapes  
Milk

Hot Dog W/Cheese **19**  
Pork & Beans  
Baby Carrots  
Chips  
Apples Slices

**22**

**23**

**24**

**25**

**26**

# BREAKFAST

June 2015

## GEARY SUMMER PROGRAM

### Breakfast Fact

In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast.

Reference: Barton et al. *J Am Diet Assoc.* 2005.

Biscuit  
Sausage  
Peaches  
Juice  
Milk  
\* monday

Pancake on Stick  
Apple Sauce  
Juice  
Milk  
\* tuesday

Cereal  
Yogurt  
Fruit Cocktail  
Juice  
Milk  
\* wednesday

Cheese Toast  
Banana  
Juice  
Milk  
\* thursday

Breakfast Burrito  
Oranges  
Juice  
Milk  
\* friday

Breakfast Pizza 1  
Pineapple Tidbits  
Juice  
Milk

Biscuit 2  
Gravy  
Tropical Fruit  
Juice  
Milk

Cereal 3  
Yogurt  
Peaches  
Juice  
Milk

Cinnamon Roll 4  
Banana  
Juice  
Milk

Breakfast Bagel 5  
Oranges  
Juice  
Milk

Waffle Sticks 8  
Sausage  
Apple Sauce  
Juice  
Milk

Cheese Toast 9  
Mandarin Oranges  
Juice  
Milk

Cereal 10  
Pears  
Yogurt  
Juice  
Milk

Pancake on Stick 11  
Fruit Cocktail  
Juice  
Milk

Breakfast Pizza 12  
Oranges  
Juice  
Milk

Biscuit 15  
Sausage  
Peaches  
Juice  
Milk

Breakfast Burrito 16  
Apple Sauce  
Juice  
Milk

Cereal 17  
Yogurt  
Fruit Cocktail  
Juice  
Milk

Cinnamon Roll 18  
Banana  
Juice  
Milk

Pancake on Stick 19  
Peaches  
Juice  
Milk

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