March 2019

GEARY SCHOOLS





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
				Breakfast Pizza Orange Slices Juice Milk
French Toast Sticks Sausage Patty Peaches Juice Milk	Scrambled Eggs with Little Smokies Toast with Jelly Pears Juice Milk	Cinnamon Roll Yogurt Cups Mandarin Oranges Juice Milk	Biscuit & Sausage Gravy Banana Juice Milk	Bacon & Egg Bagel Orange Slices Juice Milk
Breakfast Burritos Fruit Cocktail Juice Milk	Ham & Cheddar Omelet Toast with Jelly Peaches Juice Milk	Breakfast Muffin Yogurt Cups Tropical Fruit Juice Milk	Pancake on a Stick Banana Juice Milk	NO SCHOOL 15
NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20	NO SCHOOL 21	NO SCHOOL 22
Breakfast Pizza Pears Juice Milk	Soft Breakfast Tacos Pineapple Tidbits Juice Milk	Bacon & Egg Bagel Mandarin Oranges Juice Milk	Biscuit & Sausage Gravy 28 Banana Juice Milk	Cinnamon Roll Yogurt Cups Orange Slices Juice Milk

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Monday	Tuesday	Wednesday ///	Thursday	Friday
				Tuna Sandwiches Baby Carrots Pickle Spear Potato Chips Cookies Apple Slices and Milk
Chicken Wraps Lettuce & Tomato Sweet Peas Fruit Cocktail Milk	Sloppy Joes Potato Wedges Corn Tropical Fruit Milk	Pizza Mixed Salad with Spinach Black-eyed Peas Pineapple Tidbits Milk	Salisbury Steak Seasoned Rice with Gravy Fresh Broccoli Fresh Grapes Milk	Hamburgers Lettuce & Pickles Baby Carrots Doritos Cookies Apple Slices & Milk
Chicken Fajitas Ranch Style Beans Cream Cheese Churro Peaches Milk	Beef & Noodles Mixed Vegetables Hot Rolls Pears Milk	Meat Ball Subs Mixed Salad with Spinach Italian Green Beans Pineapple Tidbits Milk	Creamed Chicken Mashed Potatoes Corn Hot Rolls Fresh Grapes Milk	NO SCHOOL 15
NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20	NO SCHOOL 21	NO SCHOOL 22
Chili Cheese Dogs Tater Tots Sweet Peas Fruit Cocktail Milk	Beef Stew Corn Bread Fresh Broccoli Peaches Milk	Pizza Mixed Salad with Spinach Black-eyed Peas Fresh Grapes Milk	Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Hot Rolls Tropical Fruit Milk	Early Release Uncrustable PB&J Apples Cookies Chips Pudding & Mllk

March 2019

GEARY HIGH SCHOOL





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
	3			No Second 1
Grilled Chicken San 4	Hamburger 5	Meat Ball Sub	Spicy Chicken Breast 7	No Second 8
Burrito 11	Baked Potato 12	Pizza 13	Pop Corn Chicken 14	NO SCHOOL 15
NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20	NO SCHOOL 21	NO SCHOOL 22
Burrito 25	Baked Potato 26	Meat Ball Sub	Pop Corn Chicken 28	No Second 29