

# BREAKFAST

May 2015

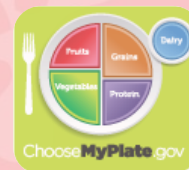
GEARY SCHOOLS

## Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

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



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

All meals include a choice of non-fat or 1% milk.

Geary Schools are an equal opportunity provider and employer.

**May is National Physical Fitness  
and Sports Month**

Breakfast Burrito  
Oranges  
Juice  
Milk

1

Biscuit  
Sausage  
Peaches  
Juice  
Milk

4

Pancake on Stick  
Fruit Cocktail  
Juice  
Milk

5

WG Cereal Bar  
Yogurt  
Mandarin Oranges  
Juice  
Milk

6

Cheese Toast  
Banana  
Juice  
Milk

7

No School

8

Breakfast Pizza  
Pineapple Tidbits  
Juice  
Milk

11

Biscuit  
Gravy  
Tropical Fruit  
Juice  
Milk

12

WG Cereal  
Yogurt  
Peaches  
Juice  
Milk

13

Cinnamon Roll  
Banana  
Juice  
Milk

14

No School

15

Breakfast Bagel  
Oranges  
Juice  
Milk

18

Biscuit  
Sausage  
Peaches  
Juice  
Milk

19

WG Cereal  
Yogurt  
Mandarin Oranges  
Juice  
Milk

20

Waffle Sticks  
Sausage  
Banana  
Juice  
Milk

21

Pancake on Stick  
Oranges  
Juice  
Milk

22

25

26

27

28

29

# LUNCH

May 2015

GEARY SCHOOLS

## Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

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



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

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.

*May is National Physical Fitness and Sports Month*

Hamburger  
Romaine & Pickles  
Pork & Beans  
Chips  
Apples

Corn Dog  
Mixed Vegetables  
Baked FF  
Pears  
Milk

Hot Ham & Cheese  
Baked Beans  
Corn  
Tropical Fruit  
Milk

Pizza  
Mixed Salad  
Black-eyed Peas  
Pineapple Tidbits  
Milk

Turkey & Cheese San  
Romaine & Pickles  
Pork & Beans  
Grapes  
Milk

No School

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

Hamburger Stew  
Corn Bread  
Broccoli  
Pears  
Milk

Chicken Queso Pizza  
Corn  
Mixed Salad  
Pineapple Tidbits  
Milk

Salisbury Steak  
Mashed Potatoes & Gravy  
Green Beans  
Hot Roll  
Tropical Fruit Mix

No School

Grilled Chicken San  
Romaine \* Pickles  
Baked FF  
Tropical Fruit  
Milk

Fish Sticks  
Green Beans  
Coleslaw  
Pears  
Milk

Pizza  
Mixed Salad  
Black-eyed Peas  
Pineapple Tidbits  
Milk

Taco Soup  
Tortilla Chips  
Broccoli  
Grapes  
Milk

Uncrustable PB&J  
Baby Carrots  
Chips  
Apples  
Milk

25

26

27

28

29

# LUNCH

May 2015

GEARY HIGH SCHOOLS

## Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

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



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday



*May is National Physical Fitness and Sports Month*



No Second **1**

Chicken San **4**

Fish Sticks **5**

Meat Ball Sub **6**

Chicken Nuggets **7**

No School **8**

BQ Rib San **11**

Baked Potato **12**

Burrito **13**

Hot Ham & Cheese **14**

No School **15**

No Second **18**

No Second **19**

No Second **20**

No Second **21**

No Second **22**

**25**

**26**

**27**

**28**

**29**