

# November 2018

## 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

Breakfast Burrito  
Peaches  
Juice  
Milk

5

Biscuit & Sausage Gravy  
Fruit Cocktail  
Juice  
Milk

6

Breakfast Pizza  
Tropical Fruit Mix  
Juice  
Milk

7

Pancake on a Stick  
Apple Sauce  
Juice  
Milk

1

French Toast Sticks  
Sausage Patty  
Orange Slices  
Juice  
Milk

2

Biscuit  
Sausage & Egg Patty  
Pears  
Juice  
Milk

12

Breakfast Combo Bar  
Hashbrowns  
Toast with Jelly  
Peaches  
Juice  
Milk

13

French Toast Sticks  
Sausage Patty  
Juice  
Milk

14

Scrambled eggs  
Little Smokies  
Toast With Jelly  
Banana  
Juice  
Milk

15

Biscuit & Sausage Gravy  
Orange Slices  
Juice  
Milk

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

Pancake on a Stick  
Apple Sauce  
Juice  
Milk

26

Breakfast Burrito  
Pineapple Tidbits  
Juice  
Milk

27

Breakfast Muffin  
Yogurt Cups  
Tropical Fruit  
Juice  
Milk

28

Biscuit  
Sausage & Egg Patty  
Banana  
Juice  
Milk

29

Breakfast Pizza  
Orange Slices  
Juice  
Milk

30

# November 2018

## GEARY SCHOOLS

### LUNCH



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



Chicken Quesadilla  
Ranch Beans  
Hominy  
Mandarin Oranges  
Milk

5

Chili Cheese Dogs  
Tater Tot  
Fresh Broccoli  
Pears  
Milk

6

Salisbury Steak  
Seasoned Rice  
Glazed Carrots  
Pineapple Tidbits  
Milk

7

Pizza  
Mixed Salad with Spinach  
Black-eyed Peas  
Pineapple Tidbits  
Milk

1

Hamburgers  
Leafy Lettuce & Pickles  
Baked FF  
Fresh Grapes  
Cookies  
Milk

2

Pig in a Blanket (Elem)  
Corn Dogs (High School)  
Baked French Fries  
Mixed Vegetables  
Fruit Cocktail  
Milk

12

Meat Ball Sub  
Romaine Salad  
Black-eyed Peas  
Tropical Fruit  
Milk

13

Taco Soup  
Tortilla Chips  
Baby Carrots  
Fresh Grapes  
Milk

14

Creamed Turkey  
Mashed Potatoes  
Dressing  
Green Beans  
Hot Rolls  
Dessert  
Milk

15

Early Release  
Uncrustables  
Potato Chips  
Pudding Cups  
Rice Krispy Treats  
Apples  
Milk

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

Chicken Queso Pizza  
Ranch Style Beans  
Hominy  
Fruit Cocktail  
Milk

26

Beef and Noodles  
Mixed Vegetables  
Hot Rolls  
Peaches  
Milk

27

Grilled Chicken Sandwich  
Leafy Lettuce & Pickles  
Tater Tot  
Fresh Grapes  
Milk

28

Steak Fingers  
Mashed Potatoes & Gravy  
Corn  
Hot Rolls  
Melon Medley  
Milk

29

Sub Sandwiches  
Leafy Lettuce & Pickles  
Baby Carrots  
Doritos  
Cookies  
Apple Slices and Milk

30



# November 2018

## 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



Burrito

5

Hamburger

6

Chicken Breast Patty

7

Baked Potato

1

No Second

2

Grilled Chicken San

12

Baked Potato

13

Burrito

14

No Second

15

No Second

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

Burrito

26

Salisbury Steak

27

Hamburger

28

Pop Corn Chicken

29

No Second

30

