

April 2019

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

Biscuit
Ham & Egg Patty
Peaches
Juice
Milk

1

Scrambled Eggs with
Little Smokies
Toast with Jelly
Pears
Juice
Milk

2

French Toast Sticks
Sausage Patty
Fruit Cocktail
Juice
Milk

3

Biscuit & Sausage Gravy
Banana
Juice
Milk

4

Ham & Cheddar Omelet
Toast with Jelly
Orange Slices
Juice
Milk

5

Breakfast Pizza
Mandarin Oranges
Juice
Milk

8

Soft Breakfast Tacos
Salsa
Pineapple Tidbits
Juice
Milk

9

Bacon & Egg Bagel
Peaches
Juice
Milk

10

Maple Pancakes
Sausage Patty
Banana
Juice
Milk

11

Cinnamon Roll
Yogurt Cup
Orange Slices
Juice
Milk

12

Pancake on a Stick
Apple Sauce
Juice
Milk

15

Biscuit & Sausage Gravy
Peaches
Juice
Milk

16

Breakfast Burrito
Pears
Juice
Milk

17

Biscuit
Ham & Egg Patty
Banana
Juice
Milk

18

NO SCHOOL

19

French Toast Sticks
Sausage Patty
Fruit Cocktail
Juice
Milk

22

Ham & Cheddar Omelet
Toast with Jelly
Pears
Juice
Milk

23

Cinnamon Roll
Yogurt Cups
Mandarin Oranges
Juice
Milk

24

Scrambled Eggs with
Little Smokies
Toast with Jelly
Banana
Juice
Milk

25

Maple Pancakes
Sausage Patty
Orange Slices
Juice
Milk

26

Bacon & Egg Bagel
Peaches
Juice
Milk

29

Biscuit & Sausage Gravy
Fruit Cocktail
Juice
Milk

30





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

Hamburgers
Leafy Lettuce & Pickles
Tater Tots
Tropical Fruit
Milk

1

Taco Soup
Tortilla Chips
Baby Carrots
Pineapple Tidbits
Milk

2

Pulled Pork Sandwich
Pickle Spear
Creamy Coleslaw
Potato Wedges
Fresh Grapes
Milk

3

Creamed Chicken
Mashed Potatoes
Green Beans
Hot Rolls
Mandarin Oranges
Milk

4

Ham & Cheese San
Lettuce & Pickles
Broccoli Salad
Doritos
Cookies
Apple Slices & Milk

5

Chicken Enchilada
Casserole
Mixed Salad with Spinach
Corn
Fruit Cocktail
Milk

8

Sloppy Joes
Baked French Fries
Baked Beans
Pears
Milk

9

Pizza
Mixed Salad with Spinach
Black-eyed Peas
Tropical Fruit
Milk

10

Salisbury Steak
Seasoned Rice with Gravy
Fresh Broccoli
Fresh Grapes
Milk

11

Corn Dog
Tater Tots
Baby Carrots
Cookies
Apple Slices
Milk

12

BQ Rib Sandwich
Baked Beans
Potato Wedges
Tropical Fruit
Milk

15

Beef Tips in Gravy
Mashed Potatoes
Green Beans
Hot Rolls
Fruit Cocktails
Milk

16

Chicken Fajitas
Corn on the Cob
Creamy Churros
Pineapple Tidbits
Milk

17

Lasagna
Mixed Salad with Spinach
Italian Green Beans
Garlic Bread
Fresh Grapes

18

NO SCHOOL

19

Grilled Chicken San
Leafy Lettuce & Tomato
Tater Tots
Peaches
Milk

22

Mac & Cheese with
Little Smokies
Green Beans
Garlic Bread
Tropical Fruit
Milk

23

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

24

Oven Fried Chicken Legs
Mashed Potatoes with Gravy
Corn
Hot Rolls
Fresh Grapes
Milk

25

Turkey & Cheese San
Lettuce & Pickles
Baby Carrots
Doritos
Cookies
Apple Slices & Milk

26

Chicken Wraps
Lettuce & Tomatoes
Green Beans
Pears
Milk

29

Tacos
Lettuce & Tomatoes
Ranchero Beans
Pineapple Tidbits
Milk

30



April 2019

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

Grilled Chicken San

1

Tuesday

Chili Cheese Burrito

2

Wednesday

BQ Rib San

3

Thursday

Pop Corn Chicken

4

Friday

No Second

5

Chicken Fajitas

8

Hamburger

9

Meat Ball Sub

10

Chicken Strips

11

No Second

12

Corn Dog

15

Steak Patty

16

Chili Cheese Burrito

17

Pizza

18

NO SCHOOL

19

Fish Sandwich

22

Baked Potato

23

Meat Ball Sub

24

Pop Corn Chicken

25

No Second

26

Hamburgers

29

Chili Cheese Burrito

30

