

BREAKFAST

August 2014

GEARY SCHOOLS

Nutrition Tip: Eat Breakfast!

Several studies suggest that eating breakfast may help children do better in school by improving:

- Memory
- Alertness
- Concentration
- Mood
- Test scores
- School attendance
- Problem-solving ability

Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

* 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.

4

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WG Breakfast Burrito

Peaches

Juice

Milk

18

Breakfast Combo Bar

Pears

Juice

Milk

19

WG Cereal

WG Toast (HS)

Yogurt

Fruit Cocktail

Juice & Milk

20

WG Biscuit & Sausage

Bananas

Juice

Milk

21

Cinnamon Roll

Yogurt

Pineapple Tidbits

Juice

Milk

22

WG Breakfast Pizza

Oranges Slices

Juice

Milk

25

Pancake on Stick

Apple Sauce

Juice

Milk

26

WG Apple Churro

Yogurt

Mandarin Oranges

Juice

Milk

27

WG French Toast Stick

Sausage Patty

Tropical Fruit Mix

Juice

Milk

28

WG Cheese Toast

Banana

Juice

Milk

29

LUNCH

August 2014

GEARY SCHOOLS

Nutrition Tip

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

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 & fresh vegetables.

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Chicken San on WG Bun
Romaine & Tomato
Corn
Tropical Fruit Mix
Milk

18

WG Chicken Nuggets
Mashed Pot & Gravy
Green Beans
Mandarin Oranges
Milk

19

WG Corn Dog
Baked Beans
Mixed Vegetables
Apples
Milk

20

Spaghetti W/Meat Sauce
Tossed Salad W/Spinach
Broccoli
WG Bread Sticks
Grapes

21

Hot Ham & Cheese
Baked FF
Peas & Carrots
Apple Sauce
Milk

22

Fish Sticks
Ranch Potato Wedges
Coleslaw
Peaches
Milk

25

Taco Burger
Corn
Ranch Beans
Pears
Milk

26

WG Pizza
Mixed Salad W/Romaine
Black-eyed Peas
Pineapple Tidbits
Milk

27

Salisbury Steak
Mashed Potatoes & Gravy
Green Beans
Orange Slices
Milk

28

BQ Rib San on WG Bun
Baked Beans
Baby Carrots
Apples
Milk

29

LUNCH

August 2014

GEARY HIGH SCHOOL

Nutrition Tip

Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

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



* monday

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All meals include a choice of non-fat or 1% milk. Reduced fat dressing is served with salads and fresh vegetables.

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7

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11

12

13

Meat Ball Sub

14

No Seconds

15

Tuna San

18

Steak Patty

19

Baked Potato

20

Pizza

21

No Seconds

22

Pop Corn Chicken

25

Burrito

26

Chicken San

27

Steak Fingers

28

No Seconds

29