



All meals include a choice of non-fat or 1% milk. Geary Schools are an equal opportunity provider and employer.



**Nutrition Tip:** Eat Breakfast! Several studies suggest that eating breakfast may help children do better in school.  
Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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Breakfast Taco with  
Salsa dip  
Pineapple Tidbits  
Juice  
Milk

Fluffy Biscuit with  
Sausage Gravy  
Tropical Fruit Mix  
Juice  
Milk

Cereal Bowl  
Yogurt  
Pears  
Juice  
Milk

Cheddar Omelet  
Cinnamon Toast  
Fresh Banana  
Juice  
Milk

Waffle Sticks  
Sausage Patty  
Orange Smiles  
Juice  
Milk

Southwest Breakfast  
Sliders  
Fruit Cocktail  
Juice  
Milk

Cheese Toast  
Mandarin Oranges  
Juice  
Milk

Flatbread Breakfast  
Sandwich  
Peaches  
Juice  
Milk

Fluffy Biscuit with  
Egg & Sausage  
Fresh Banana  
Juice  
Milk

Breakfast Pizza  
Apple Slices  
Juice  
Milk

French Toast Sticks  
Sausage Patty  
Tropical Fruit Mix  
Juice  
Milk



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



**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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



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

Steak San with Pickles  
Romaine & Tomato  
Sweet Potato Tots  
Apple Slices  
Milk

Ultimate Fish Sticks  
Ranch Potato Wedges  
Peas & Carrots  
Fruit Cocktail  
Milk

Homestyle Beef  
Stew w/Corn Bread  
Fresh Broccoli  
Mandarin Oranges  
Milk

Meat Ball Sub  
Mixed Salad  
Green Beans  
Grapes  
Milk

Chicken Drummette  
Mashed Potatoes W/Gravy  
Fresh Vegetables Dippers  
Homeade Hot Rolls  
Peaches

BQ Rib Sandwich  
Baked Beans  
Corn & Pickle Spear  
Tropical Fruit Mix  
Milk

Hamburger  
Romaine & Pickles  
Baked FF  
Peaches  
Milk

Pork Chop Patty  
Corn Bread Dressing  
Green Beans  
Homeade Hot Roll  
Pears

Chicken Crisпитos with  
Salsa Dip  
Ranch Style Beans  
Fiesta Corn  
Pineapple Tidbits

Spaghetti with  
Meat Sauce  
Fresh Salad with Spinach  
Grapes  
Garlic Toast

Turkey & Cheese San  
Romaine, Tomato &  
Pickles  
Doritos & Cookies  
Apple Slices

Pig-in-Blanket  
Baked Beans  
Tater Tots  
Orange Smiles  
Milk



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Equal opportunity provider  
And employer.



# August 2015

## GEARY HIGH SCHOOL

# LUNCH



SECOND CHOICE MENU



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Reference: USDA. MyPlate.gov

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

10

11

12

NO SECOND

13

NO SECOND

14

CORN DOG

17

TUNA SANDWICH

18

PIZZA

19

STEAK FINGERS

20

NO SECOND

21

HOT HAM & CHEESE

24

POP CORN CHICKEN

25

BURRITO

26

MEAT BALL SUB

27

NO SECOND

28

BQ RIB SANDWICH

31

