

BREAKFAST

June 2014

GEARY SCHOOLS SUMMER BKST

Breakfast Fact

In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast.

Reference: Barton et al. *J Am Diet Assoc.* 2005.

* monday

Breakfast Pizza
Peaches
Milk

2

* tuesday

Biscuit
Sausage
Fruit Cocktail
Milk

3

* wednesday

Pancake-on-Stick
Apple Sauce
Milk

4

* thursday

Waffle Sticks
Sausage
Pineapple Tidbits
Milk

5

* friday

Breakfast Combo Bar
Hashbrowns
Milk

6

Cheese Toast
Pears
Milk

9

Breakfast Burrito
Peaches
Milk

10

Breakfast Pizza
Fruit Cocktail
Milk

11

Pancake-On-Stick
Apple Sauce
Milk

12

Cereal
Yogurt
Banana
Milk

13

Waffle Sticks
Sausage
Fruit Cocktail
Milk

16

Breakfast Combo Bar
Hashbrowns
Milk

17

Cheese Toast
Pears
Milk

18

Biscuit
Sausage
Pineapple Tidbits
Milk

19

Breakfast Burrito
Peaches
Milk

20

Breakfast Pizza
Apple Sauce
Milk

23

Pancake-on-Stick
Fruit Cocktail
Milk

24

Waffle Sticks
Sausage
Peaches
Milk

25

Biscuit
Sausage
Orange Slices
Milk

26

Cereal
Yogurt
Banana
Milk

27

30

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

Geary Schools are an equal opportunity provider or employer.

LUNCH

June 2014

Geary Schools Summer Lunch

Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.



* monday

Hamburger on WW Bun **2**
Baked FF
Romaine & Pickles
Apples
Milk

* tuesday

Tuna Sand on WW Bread **3**
Pork & Beans
Baby Carrots
Pears
Milk

* wednesday

Pizza **4**
Salad W/Spinach
Black-eyed Peas
Mandarin Oranges
Milk

* thursday

Frito Chili Pie **5**
Ranch Style Beans
Corn
Fruit Cocktail
Milk

* friday

Grilled Chicken San **6**
Romaine & Pickles
Tater Tots
Orange Slices
Milk

Steak San on WW Bun **9**
Romaine, Pickles & Tomato
Baked Beans
Pickle Spear
Pineapple Tidbits

Corn Dog **10**
Mixed Vegetables
Baked FF
Orange Slices
Milk

Chicken Nuggets **11**
Mashed Pot & Gravy
Peas & Carrots
Tropical Fruit Mix
Milk

Meat Ball Sub **12**
Salad W/Spinach
Green Beans
Pears
Milk

Ham & Cheese San **13**
Romaine & Pickles
Pork & Beans
Chips
Apples

Quesidilla **16**
Pizza
Ranch Style Beans
Corn
Peaches

Chicken San on WG Bun **17**
Romaine & Pickles
Baked FF
Pineapple Tidbits
Milk

Creamed Chicken **18**
Mashed Pot
Peas
Rolls
Tropical Fruit Mix

Spaghetti W/Meat Sauce **19**
Mixed Salad
Green Beans
Bread Sticks
Apples

Corn Dogs **20**
Baked Beans
Broccoli
Fruit Cocktail
Milk

Hamburger on WG Bun **23**
Romaine & Pickles
Tater Tots
Peaches
Milk

Frito Chili Pie **24**
Ranch Style Beans
Corn
Pears
Milk

Fish Sticks **25**
Potato Wedges
Peas & Carrots
Pineapple Tidbits
Milk

BQ Rib San **26**
Baked Beans
Green Beans
Fruit Cocktail
Milk

Hot Dogs W/Cheese **27**
Pork & Beans
Baby Carrots
Chips
Apples

END OF SUMMER PROGRAM **30**

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