

BREAKFAST

May 2013

GEARY SCHOOLS

Fitness Tip

Ways to Increase Physical Activity:

- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV.
- Play basketball, softball, or soccer.

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.

May is National Physical Fitness and Sports Month

Breakfast Burrito
Peaches
Juice
Milk

6

Pancake-on-Stick
Apple Sauce
Juice
Milk

7

Biscuit & Sausage
Pears
Juice
Milk

8

Cereal
Banana
Juice
Milk

9

NO SCHOOL

10

Cinnamon Roll
Apple Sauce
Juice
Milk

13

Breakfast Combo Bar
Hashbrowns
Juice
Milk

14

Breakfast Pizza
Peaches
Juice
Milk

15

Biscuit & Sausage
Banana
Juice
Milk

16

NO SCHOOL

17

Cheese Toast
Fruit Cocktail
Juice
Milk

20

Pancake-on-Stick
Apple Sauce
Juice
Milk

21

Breakfast Burrito
Peaches
Juice
Milk

22

Cereal
Banana
Juice
Milk

23

NO SCHOOL

24

HAVE A

27

VERY

28

HAPPY

29

SUMMER

30

VACATION!!!!!!

31

LUNCH

May 2013

GEARY SCHOOLS

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

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 and fresh vegetables.

May is National Physical Fitness and Sports Month

Hamburger on WW Bun **6**
Tater Tots
Romaine & Pickles
Chocolate Chip Cookies
Fruit Cocktail

Steak Fingers **7**
Mashed Pot & Gravy
Green Beans
Wheat Rolls
Pineapple Tidbits

Taco Salad W/Spinach **8**
Tomatoes
Ranch Style Beans
Peaches
Milk

Breaded Chicken San **9**
Romaine & Pickles
Baby Carrots
Baked Chips
Orange Slices

NO SCHOOL **10**

Pig-in-Blanket **13**
French Fries
Mixed Vegetables
Fruit Cocktail
Milk

Taco Soup **14**
Tortilla Chips
Baby Carrots
No Bake Cookies
Pineapple Tidbits

Chicken Nuggets **15**
Mashed Pot & Gravy
Green Beans
Wheat Rolls
Pears

Hot Ham & Cheese **16**
Tater Tots
Broccoli
Apple Slices
Milk

NO SCHOOL **17**

Steak San on WW Bun **20**
Romaine & Pickle
Baked Beans
Peaches
Milk

Chili Cheese Dogs **21**
Potato Wedges
Corn
Pineapple Tidbits
Milk

Pepperoni Pizza **22**
Mixed Salad W/Spinach
Blackeyed Peas
Tropical Fruit Mix
Milk

Hamburger on WW Bun **23**
Tater Tots
Romaine & Pickles
Peanut Butter Cookie
Orange Slice

NO SCHOOL **24**

HAVE A **27**

VERY **28**

HAPPY **29**

SUMMER **30**

VACATION!!!!!! **31**

LUNCH

May 2013

GEARY HIGH SCHOOL

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

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 and fresh vegetables.

May is National Physical Fitness and Sports Month

Cheeseburger

1

Pizza

2

NO SCHOOL

3

Hot Dog

6

Pop Corn Chicken

7

Burrito

8

Steak San

9

NO SCHOOL

10

Cheeseburger

13

Nachos

14

Steak Patty

15

Corn Dog

16

NO SCHOOL

17

Grilled Chicken San

20

Burrito

21

Meatball Sub

22

Steak San

23

NO SCHOOL

24

27

28

29

30

31