

# BREAKFAST

October 2014

GEARY SCHOOLS

## Breakfast Fact

MyPlate recommends:

Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

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.

Geary Schools are an equal opportunity provider and employer.

WG Cereal  
Yogurt  
Apple Sauce  
Juice  
Milk

1

Breakfast Bagel  
Pears  
Juice  
Milk

2

No School

3

Pancake on a Stick  
Fruit Cocktail  
Juice  
Milk

6

Biscuit & Gravy  
Tropical Fruit  
Juice  
Milk

7

WG Cereal Bar  
Yogurt  
Peaches  
Juice  
Milk

8

WG Cheese Toast  
Apple Sauce  
Juice  
Milk

9

Biscuit  
Sausage  
Apples  
Juice  
Milk

10

WG Breakfast Pizza  
Pears  
Juice  
Milk

13

WG French Toast Sticks  
Sausage  
Fruit Cocktail  
Juice  
Milk

14

WG apple Churro  
Yogurt  
Tropical Fruit  
Juice  
Milk

15

No School  
  
F A L L

16

No School  
  
B R E A K

17

No School

20

Pancake on Stick  
Apple Sauce  
Juice  
Milk

21

WG Cereal  
Yogurt  
Peaches  
Juice  
Milk

22

Breakfast Bagel  
Pears  
Juice  
Milk

23

Biscuit  
Sausage  
Apples  
Juice  
Milk

24

Breakfast Burrito  
Fruit Cocktail  
Juice  
Milk

27

WG Cheese Toast  
Tropical Fruit  
Juice  
Milk

28

WG Cereal Bar  
Yogurt  
Apple Sauce  
Juice  
Milk

29

WG Waffle Sticks  
Sausage  
Mandarin Oranges  
Juice  
Milk

30

Cinnamon Roll  
Banana  
Juice  
Milk

31

# LUNCH

October 2014

GEARY SCHOOLS

## Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

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. Reduce fat dressing is served with salads and fresh vegetables. Geary Schools are an equal opportunity provider and employer.**

BQ Chicken San  
Baked Beans  
Corn  
Pears  
Milk

6

Salisbury Steak  
Mashed Pot & Gravy  
Green Beans  
Hot Roll  
Apple Sauce

7

Taco Soup  
Tortilla Chips  
Broccoli  
Pineapple Tidbits  
Milk

1

Fish Sticks  
Ranch Potato Wedges  
Coleslaw  
Fruit Cocktail  
Milk

2

No School

3

Corn Dog  
Mixed Vegetables  
Tater Tots  
Apple Sauce  
Milk

13

Creamed Chicken  
Mashed Potatoes  
Green Beans  
Hot Roll  
Peaches

14

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

8

Hamburger Stew  
Corn Bread  
Broccoli  
Grapes  
Milk

9

Turkey & Cheese San  
Romaine & Pickles  
Baby Carrots  
Apples  
Milk

10

No School

20

Grilled Chicken San  
Romaine & Pickles  
Baked FF  
Fruit Cocktail  
Milk

21

Hamburger  
Romaine & Pickles  
Pork & Beans  
Banana  
Milk

15

No School  
  
F A L L

16

No School  
  
B R E A K

17

Fish Sticks  
Ranch Potato Wedges  
Coleslaw  
Mandarin Oranges  
Milk

27

Chicken Nuggets  
Mashed Pot & Gravy  
Sliced Carrots  
Hot Rolls  
Pears

28

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

22

Chicken & Noodles  
Green Beans  
Broccoli  
WG Roll  
Grapes

23

Pig in Blanket  
Baked Beans  
Baby Carrots  
Banana  
Milk

24

Fish Sticks  
Ranch Potato Wedges  
Coleslaw  
Mandarin Oranges  
Milk

27

Chicken Nuggets  
Mashed Pot & Gravy  
Sliced Carrots  
Hot Rolls  
Pears

28

Turkey & Cheese San  
Romaine & Pickles  
Pork & Beans  
Grapes  
Milk

29

Spaghetti W/Meat Sauce  
Mixed Salad  
Green Beans  
Bread Sticks  
Fruit Cocktail

30

Hamburger  
Romaine & Pickles  
Tater Tots  
Apples  
Milk

31

# LUNCH

October 2014

GEARY HIGH SCHOOL

## Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

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.

Burrito

1

Tuna San

2

No School

3

Hamburger

6

Steak Patty

7

Meat Ball Sub

8

Bake Pot

9

No Second

10

Fish Sticks

13

Pop Corn Chicken

14

Pizza

15

No School

16

No School

17

No School

20

Corn Dog

21

Meat Ball Sub

22

Tuna San

23

No Second

24

Burrito

27

Steak Patty

28

Hamburger

29

Pizza

30

No Second

31