

JANUARY 2023

GEARY PUBLIC SCHOOLS

BREAKFAST



All meals include a choice of non-fat or 1% milk.
This institution is an equal opportunity provider.
Menu is subject to change due to supply shortage.



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO
SCHOOL

2

Combo bars
Tornado
Gogurt
Fruit
Juice/Milk

3

Biscuits
Sausage patty
Cheese
Fruit
Juice/Milk

4

Pancake on a stick
Cheese stick
Fruit
Juice
Milk

5

NO
SCHOOL

6

Biscuits & sausage gravy
Fruit
Juice
Milk

9

French toast
Cheese stick
Fruit
Juice
Milk

10

Blueberry muffin
Gogurt
Fruit
Juice
Milk

11

Breakfast burrito
Fruit
Juice
Milk

12

NO
SCHOOL

13

NO
SCHOOL

16

Donut
Cheese stick
Fruit
Juice
Milk

17

Omelette
Cinnamon toast
Fruit
Juice
Milk

18

Biscuits & sausage gravy
Fruit
Juice
Milk

19

Scrambled eggs w/ham
Cheese toast
Fruit
Juice
Milk

20

Breakfast burrito
Fruit
Juice
Milk

23

Biscuits & sausage gravy
Fruit
Juice
Milk

24

Combo bar
Tornado
Gogurt
Fruit
Juice/Milk

25

Cinnamon roll
Gogurt
Fruit
Juice
Milk

26

Chicken and biscuits
Yogurt
Fruit
Juice
Milk

27

Biscuits & sausage gravy
Fruit
Juice
Milk

30

English muffin
Egg patty / Cheese
Bacon
Fruit
Juice/Milk

31





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 ES=Elementary HS=Middle and High school



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

2

Cooks Choice

3

Cooks Choice

4

Chicken gravy
Mashed potatoes
Roll
Carroteenies
Fruit/Milk

5

NO SCHOOL

6

Cheeseburgers
Tater tots
Spinach
Fruit
Milk

9

Southwest chicken soup
Garlic bread
Green beans
Fruit
Milk

10

Pizza
Breadsticks
Pinto beans
Carrot sticks
Fruit / Milk

11

Chicken sandwich
Lettuce, tomato, cheese
Celery sticks w/ranch
Fruit
Milk

12

NO SCHOOL

13

NO SCHOOL

16

Walking tacos
Lettuce, tomato, cheese
Chili beans
Fruit
Milk

17

Frito chili pie
Ranch beans
Celery sticks
Fruit
Milk

18

Garlic chicken =HS
Chicken spaghetti=ES
Garlic bread
Carroteenies
Fruit/Milk

19

Chili cheese hotdogs
Loaded fries
Carrots
Fruit
Milk

20

German stew, garlic bread=HS
Fish sticks, mac'n'cheese=ES
Green beans
Fruit
Milk

23

Orange chicken
Egg roll
Stir fry
Fried rice
Fruit/ Milk

24

Calzone
Breadsticks
Romaine & tomato salad
Fruit
Milk

25

Baked potato
Diced ham
Spinach, romaine, tomato salad
Fruit
Milk

26

Chicken alfredo
Garlic bread
Carrots
Corn
Fruit/Milk

27

Chicken soft tacos
Lettuce, tomato, cheese
Baked beans
Fruit
Milk

30

Hot ham & cheese on
Hawaiian rolls
Tomato soup
Celery & carrot sticks
Fruit/Milk

31

