

# SEPTEMBER 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.



**September is National Biscuit Month.** Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



NO  
SCHOOL

4

Sausage, egg, cheese  
English muffin  
Fruit  
Juice  
Milk

5

Breakfast pizza  
Fruit  
Juice  
Milk

6

Sausage gravy  
Biscuit  
Fruit  
Juice  
Milk

7

French toast  
Yogurt  
Fruit  
Juice  
Milk

1

Cereal  
Toast  
Cheese stick  
Fruit  
Juice / Milk

8

Tornado  
Honey bun  
Yogurt  
Fruit  
Juice / Milk

11

Donuts  
Cheese stick  
Fruit  
Juice  
Milk

12

Blueberry muffins  
Yogurt  
Fruit  
Juice  
Milk

13

Breakfast burrito  
Fruit  
Juice  
Milk

14

NO  
SCHOOL

15

Waffles  
Sausage patty  
Fruit  
Juice  
Milk

18

Combo bar  
Honey bun  
Fruit  
Juice  
Milk

19

Pancake on a stick  
Cheese stick  
Fruit  
Juice  
Milk

20

Sausage gravy  
Biscuit  
Fruit  
Juice  
Milk

21

Scrambled eggs  
Toast  
Fruit  
Juice  
Milk

22

Cinnamon roll  
Yogurt  
Fruit  
Juice  
Milk

25

Breakfast casserole  
Biscuit  
Fruit  
Juice  
Milk

26

Waffles  
Sausage patty  
Fruit  
Juice  
Milk

27

Donuts  
Cheese stick  
Fruit  
Juice  
Milk

28

Breakfast burrito  
Fruit  
Juice  
milk

29

# SEPTEMBER 2023

# GEARY PUBLIC SCHOOLS

# LUNCH



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**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



NO  
SCHOOL

4

Chicken spaghetti  
Spinach  
Fruit  
Milk

5

Orange chicken  
Egg roll  
Stir fry / Fried rice  
Carrots  
Fruit / Milk

6

Chicken drumsticks  
Mashed potatoes/gravy  
Blackeye peas  
Roll  
Fruit / Milk

7

Walking tacos  
Brown rice  
Lettuce, tomato, cheese  
Fruit  
Milk

1

Ravioli  
Breadstick  
Green beans / Peas  
Fruit  
Milk

8

Chicken fajitas  
Ranch beans  
Fruit  
Milk

11

Beef stir fry  
Brown rice  
Broccoli  
Carrots  
Fruit / Milk

12

Nachos w/ salsa  
Cauliflower  
Fruit  
Milk

13

Spaghetti  
Corn  
Green beans  
Fruit  
Milk

14

NO  
SCHOOL

15

Sloppy joes  
Okra  
Sweet potato fries  
Fruit  
Milk

18

BBQ chicken  
Baked beans  
Au gratin potatoes  
Roll  
Fruit / Milk

19

Frito chili pie w/salsa  
Brown rice  
Ranch beans  
Fruit  
Milk

20

Dirty rice  
Red beans  
Roll  
Spinach  
Fruit / Milk

21

Little smokies  
Mac & cheese  
Roll  
Corn / Carrots  
Fruit / Milk

22

Chili dogs  
Chips  
Carroteenies / Celery  
Fruit  
Milk

25

Salisbury steak  
Brown rice  
Green beans  
Fruit  
Milk

26

Pizza  
Broccoli w/ cheese  
Fruit  
Milk

27

Cheeseburger w/pickle  
Lettuce, tomato, cheese  
Potato wedges  
Baked beans  
Fruit / Milk

28

Pulled pork  
Yams  
Pickle spear  
Fruit  
Milk

29