

DECEMBER 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: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Breakfast casserole
English muffin
Fruit
Juice
Milk

1

Oatmeal
Cheese stick
Fruit
Juice
Milk

4

Breakfast burrito
Fruit
Juice
Milk

5

Breakfast pizza
Fruit
Juice
Milk

6

Biscuits
Sausage gravy
Yogurt & granola bar
Fruit
Juice / Milk

7

Sausage, egg, cheese
English muffin
Fruit
Juice
Milk

8

French toast
Sausage patty
Fruit
Juice
Milk

11

Scrambled eggs & cheese
Toast
Fruit
Juice / Milk

12

Pancake on a stick
Cheese stick
Fruit
Juice
Milk

13

Biscuits
Sausage gravy
Yogurt & granola bar
Fruit
Juice / Milk

14

Breakfast casserole
English muffin
Fruit
Juice
Milk

15

NO
SCHOOL

18

NO
SCHOOL

19

NO
SCHOOL

20

NO
SCHOOL

21

NO
SCHOOL

22

NO
SCHOOL

25

NO
SCHOOL

26

NO
SCHOOL

27

NO
SCHOOL

28

NO
SCHOOL

29

DECEMBER 2023

GEARY PUBLIC SCHOOLS

LUNCH



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: Include whole grains. 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



Beef stew
Cornbread
Fruit
Milk 4

Baked chicken
Au gratin potatoes
Baked beans / Roll
Romaine, tomato salad
Fruit / Milk 5

Corn dogs
Crispitos
Potato wedges
Fruit
Milk 6

Chicken pot pie
Carroteenies
Celery
Fruit
Milk 7

Roast beef
Mashed potatoes/gravy
Roll
Green beans
Fruit / Milk 1

Spaghetti
Breadsticks
Romaine, tomato salad
Fruit
Milk 8

Beef tips W/ gravy
Brown rice
Yams
Cabbage
Fruit / Milk 11

Beans w/ ham
Cornbread
Fruit
Milk 12

Pizza
Corn
Fruit
Milk 13

Chicken enchaladas
Spinach
Fruit
Milk 14

Meatloaf
Mashed potatoes
Green beans
Roll
Fruit / Milk 15

NO SCHOOL 18

NO SCHOOL 19

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

NO SCHOOL 25

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29