

JANUARY 2024

GEARY PUBLIC SCHOOLS

BREAKFAST



All meals include a choice of non-fat or 1% milk.
This institution is an equal opportunity provider.
Menu 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

1

NO
SCHOOL

2

Breakfast pizza
Fruit
Juice
Milk

3

Biscuits
Sausage gravy
Yogurt & granola
Fruit
Juice / Milk

4

NO
SCHOOL

5

Blueberry muffin
Yogurt & granola
Fruit
Juice
Milk

8

Breakfast burrito
Fruit
Juice
Milk

9

Pancake on a stick
Cheese stick
Fruit
Juice
Milk

10

Biscuits
Sausage gravy
Yogurt & granola
Fruit
Juice / Milk

11

Sausage, egg, cheese
English muffin
Fruit
Juice
Milk

12

NO
SCHOOL

15

Scrambled eggs w/ham
Toast
Fruit
Juice
Milk

16

Waffles
Sausage patty
Fruit
Juice
Milk

17

Biscuits
Sausage gravy
Yogurt & granola
Fruit
Juice / Milk

18

Breakfast casserole
English muffin
Fruit
Juice
Milk

19

Oatmeal
Cheese stick
Cinnamon raisin toast
Fruit
Juice / Milk

22

Breakfast burrito
Fruit
Juice
Milk

23

Donuts
Yogurt & granola
Fruit
Juice
Milk

24

Biscuits
Sausage gravy
Yogurt & granola
Fruit
Juice / Milk

25

Cheese omelette
Bacon
Cinnamon raisin toast
Fruit
Juice / Milk

26

French toast
Sausage patty
Fruit
Juice
Milk

29

Scrambled eggs
w/bacon
Toast
Fruit
Juice / Milk

30

Combo bars
Yogurt & granola
Fruit
Juice
Milk

31



JANUARY 2024

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LUNCH



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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

NO
SCHOOL

1

TUESDAY

NO
SCHOOL

2

WEDNESDAY

Corn dogs
Potato wedges
Carrots
Fruit
Milk

3

THURSDAY

Salisbury steak
Brown rice w / gravy
Green beans
Fruit
Milk

4

FRIDAY

NO
SCHOOL

5

Sloppy joes
Yams
Spinach
Fruit
Milk

8

Chicken & dumplings
Carroteenies
Celery
Fruit
Milk

9

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

10

Chicken drumsticks=HS
Popcorn chicken=ES
Au gratin potatoes
Corn
Fruit / Milk

11

Meatloaf
Mashed potatoes
Green beans
Roll
Fruit / Milk

12

NO
SCHOOL

15

Chicken soft tacos
Lettuce, tomato, cheese
Broccoli
Fruit
Milk

16

Sub sandwiches
Lettuce, tomato, cheese
Carroteenies / celery
Chips
Fruit / Milk

17

Chicken tortilla soup
WG chips
Corn
Fruit
Milk

18

Chili beans
Cornbread
Peas
Fruit
Milk

19

Beef tips
Brown rice
Corn
Fruit
Milk

22

Beans w/ ham
Cornbread
Cauliflower
Fruit
Milk

23

Pizza
Romaine, spinach,
tomato salad
Fruit
Milk

24

Chicken enchaladas
Peas
Fruit
Milk

25

Roast
Green beans
Roll
Fruit
Milk

26

Beef stew
Cornbread
Yams
Fruit
Milk

29

Chicken pot pie
Carrots
Fruit
Milk

30

Nachos
WG chips
Ranch beans
Spinach
Fruit / Milk

31

