

MARCH 2024

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.



National School Breakfast Week is March 7 – 11. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

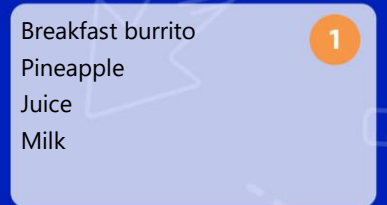
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Waffles
Sausage patty
Strawberries
Juice
Milk **4**

Green eggs & ham
Toast
Mandarin oranges
Juice
Milk **5**

Breakfast pizza
Tropical fruit
Juice
Milk **6**

Biscuits & sausage
gravy
Yogurt & granola bar
Banana
Juice / Milk **7**

Breakfast burrito
Pineapple
Juice
Milk **1**

**NO
SCHOOL** **8**

Cereal
Cheese stick
Peaches
Juice
Milk **11**

Cheese omelette
Bacon
Toast
Pears
Juice / Milk **12**

Donuts
Yogurt & granola bar
Banana
Juice
Milk **13**

**NO
SCHOOL** **14**

**NO
SCHOOL** **15**

**NO
SCHOOL** **18**

**NO
SCHOOL** **19**

**NO
SCHOOL** **20**

**NO
SCHOOL** **21**

**NO
SCHOOL** **22**

French toast
Sausage patty
Mango
Juice
Milk **25**

Breakfast casserole
English muffin
Mixed fruit / cocktail
Juice
Milk **26**

Combo bars
Yogurt & granola bar
Pineapple
Juice
Milk **27**

Biscuits & sausage
gravy
Yogurt & granola bar
Applesauce
Juice / Milk **28**

**NO
SCHOOL** **29**

MARCH 2024

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LUNCH



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March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Hamburger & cheese 1
Ravioli
Breadsticks
Broccoli
Mango / Milk

Chicken spaghetti 4
Breadsticks / celery
Spinach/romaine salad
Strawberry ice cup
Milk

Beef fingers w/ gravy 5
Mashed potatoes
Green beans / Roll
Mixed fruit/cocktail
Milk

Corn dogs 6
Crispitos
Fries / Carroteenies
Mango
Milk

Beef stew 7
Cornbread
Corn
Oranges
Milk

NO 8
SCHOOL

Cheeseburger w/ pickle 11
Lettuce, tomato
Potato wedges
Baked beans
Applesauce / Milk

Lil smokies 12
Mac'n'cheese
Green beans
Roll
Pineapple / Milk

Pizza 13
Romaine salad
Carroteenies
Blackcherry ice cup
Milk

NO 14
SCHOOL

NO 15
SCHOOL

NO 18
SCHOOL

NO 19
SCHOOL

NO 20
SCHOOL

NO 21
SCHOOL

NO 22
SCHOOL

Tater tot casserole 25
Roll / Carrots
Romaine salad
Mandarin oranges
Milk

Pulled pork / Bun 26
Pickle spear
Yams / Baked beans
American berry ice cup
Milk

Nachos w/ salsa 27
Wg chips
Cauliflower
Fresh orange
Milk

Salisbury steak 28
Brown rice / Gravy
Green beans
Peaches
Milk

NO 29
SCHOOL