

MAY 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.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.



Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast pizza 1
Tropical fruit
Juice
Milk

Biscuit & sausage gravy 2
Yogurt & granola
Banana
Juice
Milk

NO SCHOOL 3

Cinnamon roll 6
Cheese stick
Peaches
Juice
Milk

Scrambled eggs 7
Bacon
Banana bread
Mandarin oranges
Juice / Milk

Chicken biscuit 8
Hash brown
Yogurt & granola
Mixed fruit
Juice / Milk

Biscuit & sausage gravy 9
Yogurt & granola
Applesauce
Juice
Milk

NO SCHOOL 10

Cereal 13
Cheese stick
Apple slices
Juice
Milk

Cheese omelettes 14
Bacon
Chocolate bread
Pineapple
Juice / Milk

French toast 15
Sausage patty
Pears
Juice
Milk

NO SCHOOL 16

NO SCHOOL 17

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

NO SCHOOL 23

NO SCHOOL 24

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29

NO SCHOOL 30

NO SCHOOL 31

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LUNCH



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May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Beef enchilada **1**
Romaine, tomato,
spinach salad
Apple slices
Milk

Corn dogs **2**
Crispitos
Fries
Carrots
Mixed berry cup / Milk

NO **3**
SCHOOL

BBQ Chicken **6**
Au gratins
Mac'n'cheese
Pineapples
Milk

Nachos W/ WG chips **7**
Zucchini & squash
Pears
Milk

Indian tacos **8**
Pinto beans
Lettuce, tomato, cheese
Corn
Mixed berry cups / Milk

Beef stew **9**
Cornbread
Peaches
Milk

NO **10**
SCHOOL

Hot dogs / Chips **13**
Celery / Carroteenies
Watermelon
Slushies
Milk

Beef tips **14**
Brown rice W/ gravy
Green beans
Mandarin oranges
Milk

Pizza **15**
Romaine, tomato,
spinach salad
Tropical fruit
Milk

NO **16**
SCHOOL

NO **17**
SCHOOL

NO **20**
SCHOOL

NO **21**
SCHOOL

NO **22**
SCHOOL

NO **23**
SCHOOL

NO **24**
SCHOOL

NO **27**
SCHOOL

NO **28**
SCHOOL

NO **29**
SCHOOL

NO **30**
SCHOOL

NO **31**
SCHOOL