

January 2021

GEARY PUBLIC SCHOOLS

BREAKFAST



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



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



No School

4

Tuesday

Grab & Go

5

Wednesday



Grab & Go

6

Thursday

Grab & Go

7

Friday

Grab & Go

1

Sausage Biscuit
Fruit
Juice
Milk

11

Cinnamon Roll
Cheese Stick
Fruit
Juice
Milk

12

Muffin
Yogurt
Fruit
Juice
Milk

13

Cheese Omelet
Toast
Fruit
Juice
Milk

14

Pancake on a Stick
Gogurt
Fruit
Juice
Milk

15

No School
MLK Day

18

French Toast Sticks
Sausage Patty
Fruit
Juice
Milk

19

Strudel
Cheese Stick
Fruit
Juice
Milk

20

Breakfast Taco
Yogurt
Fruit
Juice
Milk

21

Combo Bar
Gogurt
Fruit
Juice
Milk

22

Mini Pancakes
Sausage Patty
Fruit
Juice
Milk

25

Cheese Toast
Yogurt
Fruit
Juice
Milk

26

Muffin
Cheese Stick
Fruit
Juice
Milk

27

Scrambled Eggs
Hashbrowns
Fruit
Juice
Milk

28

Cereal
Yogurt
Fruit
Juice
Milk

29

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Monday
Tuesday
Wednesday
Thursday
Friday

No School

4

Grab & Go

5

Grab & Go

6

Grab & Go

7

Grab & Go

8

 Spaghetti
Mixed Salad
Italian Green Beans
Garlic Bread
Fruit
Milk

11

 Chicken Wrap
Lettuce/Tomato
Sliced Carrots
Fruit
Juice
Milk

12

 Pizza
Blackeyed Peas
Romaine/Tomato Salad
Breadstick
Fruit
Milk

13

 Creamed Chicken
Mashed Potatoes/Gravy
Hominy
Dinner Roll
Fruit
Milk

14

 Pulled Pork Sandwich
Baked Beans
French Fries
Fruit
Milk

15

 No School
MLK Day

18

 Crispito
Ranch Style Beans
Corn
Fruit
Milk

19

 Pizza
Mixed Salad
Breadstick
Fruit
Milk

20

 Steak Fingers
Mashed Potatoes/Gravy
Sweet Peas
Dinner Roll
Fruit
Milk

21

 Chicken Sandwich
Lettuce/Tomato/Pickle
Potato Salad
Fruit
Milk

22

 Fish Sticks
Au gratin Potatoes
Green Beans
Fruit
Milk

25

 Frito Chili Pie
Romaine/Tomato Salad
Fruit
Milk

26

 Pizza
Pinto Beans
Mixed Salad
Breakstick
Fruit
Milk

27

 Chicken Leg
Mashed Potatoes/Gravy
Corn
Dinner Roll
Fruit
Milk

28

 Manwich
Tater Tots
Sliced Carrots
Fruit
Milk

29