

MAY 2022

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

Combo bars
Yogurt
Granola
Fruit
Juice/Milk

2

Egg patties
Sausage patty
Biscuit
Fruit
Juice/Milk

3

French Toast
Cheese cubes
Fruit
Juice
Milk

4

Biscuits & Gravy
Fruit
Juice
Milk

5

No
School

6

Blueberry muffin
Cheese cubes
Fruit
Juice
Milk

9

Mini Bagels
Yogurt
Fruit
Juice
Milk

10

Pancake on a stick
Cheese cubes
Fruit
Juice
Milk

11

Breakfast Pizza
Fruit
Juice
Milk

12

No
School

13

Biscuits & Gravy
Fruit
Juice
Milk

16

Waffles
Cheese cubes
Fruit
Juice
Milk

17

Donuts
Yogurt
Fruit
Juice
Milk

18

19

20

23

24

25

26

27

Memorial Day

30

31





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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

Chicken alfredo **2**
 Spinach
 Squash/zucchini mix
 Fruit
 Milk

Salisbury steak **3**
 Brown rice & gravy
 Carrots
 Corn
 Fruit/Milk

Pizza **4**
 Baked beans
 Breadsticks
 Sweet potatoes
 Fruit/Milk

Fajitas **5**
 Fajita mix
 Cauliflower
 Fruit
 Milk

No School 6

Orange chicken **9**
 Egg roll
 Green beans
 Carrots
 Fruit/Milk

Popcorn shrimp **10**
 Spinach
 Ranch beans
 Shrimp sauce
 Fruit/Milk

Corndogs **11**
 Tator tots
 Broccoli
 Fruit
 Milk

Elementary=sack lunches **12**
 HS=Popcorn chicken
 Mashed Potatoes & gravy
 Carrots
 Fruit/Milk

No School 13

Frito chili pie **16**
 Corn
 Fruit
 Milk

Cheeseburgers **17**
 Fries
 Spinach
 Fruit/Milk
 Cherry cobbler

HS=Hotdogs **18**
 Elementary=Walking tacos
 Lettuce/tomato/cheese
 Cauliflower/Carrots
 Fruit/Milk

19

20

23

24

25

26

27

Memorial Day 30

31

