

# May 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:** 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

Egg Patty  
Toast/Jelly  
Fruit  
Juice  
Milk

3

### Tuesday

Muffin  
Yogurt  
Fruit  
Juice  
Milk

4

### Wednesday

Cinnamon Toast Crunch  
Bar  
Beef Stick  
Yogurt  
Fruit / Juice / Milk

5

### Thursday

Pancake Sausage  
Sandwich  
Fruit  
Juice  
Milk

6

### Friday

SNOW DAY

7

Tornado  
Cheese Stick  
Fruit  
Juice  
Milk

10

Breakfast Burrito  
Fruit  
Juice  
Milk

11

Strudel  
Gogurt  
Fruit  
Juice  
Milk

12

Mini Pancakes  
Sausage Patty  
Fruit  
Juice  
Milk

13

SNOW DAY

14

Combo Bar  
Yogurt  
Fruit  
Juice  
Milk

17

Cinnamon Roll  
Gogurt  
Fruit  
Juice  
Milk

18

LAST DAY OF SCHOOL  
Cereal  
Yogurt  
Fruit  
Juice / Milk

19

20

21

24

25

26

27

28

31





# May 2021

## GEARY PUBLIC SCHOOLS

### LUNCH



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



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday

Chicken Wrap  
Lettuce/Tomato  
Fruit  
Dessert  
Milk

3

### Tuesday

Turkey/Cheese Sandwich  
Pickle Chips  
Fresh Carrots  
Potato Chips  
Fruit / Milk

4

### Wednesday

Crispito  
French Fries  
Green Beans  
Fruit  
Milk

5

### Thursday

Fish Sticks  
Au gratin Potatoes  
Spinach  
Fruit  
Milk

6

### Friday

SNOW DAY

7

Loaded Baked Potato  
Hominy  
Fruit  
Milk

10

Burrito  
Cheese Stick  
Sliced Carrots  
Fruit  
Milk

11

Pizza  
Breadstick  
Mixed Salad  
Fruit  
Milk

12

Soft Taco  
Lettuce / Tomato  
Mexican Rice  
Fruit  
Milk

13

SNOW DAY

14

Mac n Cheese  
Green Beans  
Fruit  
Dessert  
Milk

17

Hamburger  
Pickle Chips  
Potato Salad  
Fruit  
Milk

18

LAST DAY OF SCHOOL  
PB&J / Chips  
Carrots / Apple Slices  
Rice Crispy Treat  
Milk

19

20

21

24

25

26

27

28

31

