

NOVEMBER 2021

GEARY PUBLIC SCHOOLS

BREAKFAST



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider. Menu subject to change due to supply shortage.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

Chocolate Croissant
Cheese Stick
Fruit
Milk
Juice

1

TUESDAY

Cheese Omelet
Go Gurt
Fruit
Juice
Milk

2

WEDNESDAY

Banana Bread
Cheese Stick
Fruit
Milk
Juice

3

THURSDAY

Pancake on a Stick
Go Gurt
Fruit
Milk
Juice

4

FRIDAY

Biscuit
Sausage Patty
Cheese Stick
Fruit
Milk
Juice

5

Scrambled Eggs
Toast
Fruit
Milk
Juice

8

French Toast
Sausage
Yogurt
Fruit
Milk
Juice

9

NO SCHOOL

**PROFESSIONAL
DEVELOPMENT
DAY**

10

Veterans Day
Mini Cinnis
Cheese Stick
Fruit
Milk
Juice

11

Combo Bar
Yogurt
Fruit
Milk
Juice

12

Breakfast Burrito
Go Gurt
Fruit
Milk
Juice

15

Pop Tart
Cheese Stick
Fruit
Milk
Juice

16

Muffin
Yogurt
Fruit
Milk
Juice

17

Cereal
Yogurt
Fruit
Juice
Milk

18

Biscuit w/Egg
Cheese Stick
Fruit
Juice
Milk

19

THANKSGIVING BREAK

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

Cheese Toast
Yogurt
Fruit
Milk
Juice

29

Combo Bar
Go Gurt
Fruit
Milk
Juice

30



NOVEMBER 2021

GEARY PUBLIC SCHOOLS

LUNCH



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider. Menu subject to change due to supply shortage.



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

Ham & Beans
Cornbread
Spinach
Fruit
Milk

1

TUESDAY

Pulled Pork
Baked Potato
Baked Beans
Fruit
Milk

2

WEDNESDAY

National Sandwich Day
Chicken Salad Sandwich
Sweet Peas
Fruit
Milk
Dessert

3

THURSDAY

Burrito
French Fries
Ranch Style Beans
Fruit
Milk

4

FRIDAY

Grilled Chicken Sandwich
Sliced Cheese
Caroteenies
Fruit
Milk
Cookie

5

Hamburger Soup
Cornbread
Fruit
Milk

8

Spaghetti
Italian Green Beans
Breadstick
Fruit
Milk

9

NO SCHOOL
PROFESSIONAL DEVELOPMENT DAY

10

Veterans Day
Chicken Fried Steak
Mashed Potatoes/Gravy
Corn/Dinner Roll
Fruit/Dessert
Milk

11

Chicken Fajitas
Shredded Lettuce/Tomato
Pinto Beans
Fruit
Milk

12

Fish Sticks
Au gratin Potatoes
Sweet Peas
Fruit
Milk

15

Frito Chili Pie
Sliced Carrots
Fruit
Milk

16

Pizza
Mixed Salad
Blackeyed Peas
Fruit
Milk

17

Chicken & Dumplings
Green Beans
Dinner Roll
Fruit
Milk

18

Peanut Butter & Jelly
Caroteenies
Apple Slices
Go Gurt
Milk

19

THANKSGIVING BREAK

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

Macaroni & Cheese
Spinach
Fruit
Milk

29

Corn Dog
French Fries
Hominy
Fruit
Milk

30

