

NOVEMBER 2023

GEARY PUBLIC SCHOOLS

BREAKFAST



NO

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.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast pizza

1

Fruit
Juice
Milk

Biscuits & sausage

2

gravy
Yogurt & granola
Fruit
Juice / Milk

Breakfast casserole

3

English muffin
Fruit
Juice
Milk

NO

6

SCHOOL

Breakfast burrito

7

Fruit
Juice
Milk

Pancake on a stick

8

Cheese stick
Fruit
Juice
Milk

Biscuits & sausage

9

gravy
Yogurt & granola
Fruit
Juice / Milk

Sausage, egg, cheese

10

English muffin
Fruit
Juice
Milk

Blueberry muffin

13

Yogurt & granola
Fruit
Juice
Milk

Scrambled eggs w/

14

cheese
Toast
Fruit
Juice / Milk

Waffles

15

Sausage patty
Fruit
Juice
Milk

Biscuits & sausage

16

gravy
Yogurt & granola
Fruit
Juice / Milk

Breakfast casserole

17

English muffin
Fruit
Juice
Milk

NO

20

SCHOOL

NO

21

SCHOOL

NO

22

SCHOOL

NO

23

SCHOOL

NO

24

SCHOOL

NO

27

SCHOOL

Scrambled eggs w/

28

bacon
Toast
Fruit
Juice / Milk

Combo bars

29

Yogurt & granola
Fruit
Juice
Milk

Biscuits & sausage

30

gravy
Yogurt & granola
Fruit
Juice / Milk

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BREAKFAST



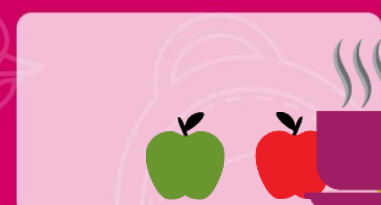
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November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

NO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sub sandwiches **1**
Honey bun
Celery / carroteenies
Chips
Fruit / Milk

Stroganoff **2**
Roll
Blackeye peas
Fruit
Milk

Spaghetti **3**
Breadsticks
Corn
Fruit
Milk

NO **6**
SCHOOL

Chili w/ beans **7**
Cornbread
Carrots
Fruit
Milk

Pizza **8**
Spinach
Fruit
Milk

Baked potato w/ ham **9**
Roll
Romaine & tomato salad
Fruit / Milk

Chicken fried steak **10**
Mashed potato / gravy
Green beans / Corn
Roll
Fruit / Milk

Chicken spaghetti **13**
Romaine & tomato salad
Carrots
Fruit / Milk

Beef stew **14**
Cornbread
Corn
Fruit
Milk

Frito chili pie **15**
Brown rice
Ranch beans
Fruit
Milk

Turkey w/ gravy **16**
Mashed potatoes
Green beans / corn
Roll / Pie
Fruit / Milk

Chicken tortilla soup **17**
Wg Tortilla chips
Carrots
Fruit
Milk

NO **20**
SCHOOL

NO **21**
SCHOOL

NO **22**
SCHOOL

NO **23**
SCHOOL

NO **24**
SCHOOL

NO **27**
SCHOOL

Walking tacos **28**
Lettuce, tomato, cheese
Brown rice
Ranch beans
Fruit / Milk

Sub sandwiches **29**
Honey bun
Celery / carroteenies
Chips
Fruit / Milk

Orange chicken **30**
Egg roll
Stir fry
Fried rice
Fruit / Milk

