

OCTOBER 2021

GEARY PUBLIC SCHOOLS

BREAKFAST



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



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pancake on a Stick
Cheese Stick
Fruit
Juice
Milk

4

Cheese Omelet
Yogurt
Fruit
Juice
Milk

5

Breakfast Tornado
Gogurt
Fruit
Juice
Milk

6

Waffles
Sausage Patty
Cheese Stick
Fruit
Juice
Milk

7

Poptart
Gogurt
Fruit
Juice
Milk

1

Cinnamon Roll
Yogurt
Fruit
Juice
Milk

8

Breakfast Burrito
Gogurt
Fruit
Juice
Milk

11

Biscuit
Sausage Patty
Yogurt
Fruit
Juice
Milk

12

Mini Bagel
Cheese Stick
Fruit
Juice
Milk

13

HALF DAY
Pancakes/Sausage Patty
Yogurt
Fruit
Juice
Milk

14

NO SCHOOL

FALL BREAK

15

NO SCHOOL

FALL BREAK

18

Biscuit
Sausage Gravy
Gogurt
Fruit
Juice
Milk

19

Cereal
Yogurt
Fruit
Juice
Milk

20

French Toast
Sausage
Cheese Stick
Fruit
Juice
Milk

21

Breakfast Pizza
Yogurt
Fruit
Juice
Milk

22

Combo Bar
Gogurt
Fruit
Juice
Milk

25

Pancake on a Stick
Yogurt
Fruit
Juice
Milk

26

Tornado
Gogurt
Fruit
Juice
Milk

27

National Chocolate Day
Breakfast Wrap
Fruit
Juice
Milk

28

Cinnamon Toast
Yogurt
Fruit
Juice
Milk

29

OCTOBER 2021

GEARY PUBLIC SCHOOLS

LUNCH



All meals include a choice of non-fat or 1% milk.
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October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Fajita
Lettuce/Tomato
Pinto Beans
Fruit
Milk

4

Turkey & Cheese Sandwich
Lettuce/Tomato
Potato Salad
Fruit
Milk

5

Pizza
Breadstick
Green Beans
Fruit
Milk

6

Baked Potato
Diced Ham
Mixed Salad
Blackeyed Peas
Fruit
Milk

7

Uncrustable
Chips
Carroteenies
Apple Slices
Pudding Cup
Milk

1

Crunchy Taco
Lettuce/Tomato
Refried Beans
Fruit
Milk

11

Frito Chili Pie
Corn
Fruit
Milk

12

Corn Dog
Sliced Carrots
French Fries
Fruit
Milk

13

HALF DAY
Uncrustable
Chips
Carroteenies
Apple Slices/Snack
Milk

14

NO SCHOOL
FALL BREAK

15

NO SCHOOL
FALL BREAK

18

Tater-tot Casserole
Sweet Peas
Fruit
Milk

19

Pizza
Breadstick
Romaine/Tomato Salad
Fruit
Milk

20

Steak Fingers
Mashed Potatoes/Gravy
Hominy
Fruit
Milk

21

Turkey Melt
Chips
Brussel Sprouts
Fruit
Milk

22

Octoberfest Stew
(Jagerkohl)
Fruit
Milk

25

Manwich
Tater Tots
Blackeyed Peas
Fruit
Milk

26

Hot Dog
Potato Salad
Green Beans
Fruit
Milk

27

National Chocolate Day
Meatball Sub
Corn
Fruit
Milk

28

Chicken Fried Steak Sandwich
Baked Beans
Cole Slaw
Fruit
Milk

29