SEPTEMBER 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.



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken & waffles Cheese sticks Fruit Juice Milk	Blueberry muffins Yogurt and granola Fruit Juice Milk
Labor Day 5 NO SCHOOL	Breakfast casserole Yogurt and granola Fruit Juice Milk	Combo bars Banana bread Cheese stick Fruit Juice/ Milk	Biscuits & sausage gravy 8 Fruit Juice Milk	Scrambled eggs 3 Sausage Biscuit Fruit Juice/ Milk
Breakfast burrito 12 Fruit Juice Milk	Cinnamon roll Yogurt Fruit Juice Milk	** Donuts ** Cheese stick Fruit Juice Milk	Scrambled eggs ** Cheese toast ** Fruit Juice Milk	Tornados ** Cinn. raisin toast ** Cheese stick Fruit Juice/ Milk
Fried egg, sausage, cheese, English muffin Fruit Juice Milk	Breakfast casserole ** String cheese ** Fruit Juice Milk	Pancake on a stick Yogurt & granola ** Bananas ** Juice Milk	Blueberry muffins Cheese stick Fruit Juice Milk	Cinnamon roll 23 Yogurt Fruit Juice Milk
** Pancakes ** Sausage Fruit Juice Milk	Biscuits & sausage gravy Fruit Juice Milk	Combo bars Banana bread Yogurt Fruit Juice/ Milk	Donuts Cheese stick Fruit Juice Milk	Chicken biscuit 30 Hashbrown patty Fruit Juice Milk

SEPTEMBER 2022

GEARY PUBLIC SCHOOLS



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.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cooks Choice	Goulash Garlic bread Romaine & tomato salad Fruit Milk
Labor Day NO SCHOOL	5 Cooks 6 Choice	Cheese pizza Breadsticks Ranch beans Cauliflower & cheese Fruit/Milk	8 Cooks Choice	Salisbury steak Brown rice & gravy Carrots Peas Fruit/ Milk
Mac'n'cheese Lil' smokies Broccoli & cauliflower Roll Fruit/Milk	12 Orange chicken Egg roll Fried rice/ stir fry Fruit/Milk ** Fortune cookie **	** Hoagie ** Chips Green beans Fruit Milk	*Double cheeseburgers* 15 Romaine, tomato, pickles Tater tots Fruit Milk	Tacos & **guacamole** Lettuce, tomato, cheese Refried beans Fruit Milk
Chicken alfredo Carrots / corn Roll Fruit/Milk **Butterscotch pudding**	19 Cooks Choice	Corn dogs 21 Loaded fries Carroteenies Fruit Milk	22 Cooks Choice **lce cream cone**	Chicken spaghetti 23 Garlic bread Zucchini / Squash Fruit Milk
Chicken tacos Crispito Lettuce, tomato, cheese Pinto beans Fruit/Milk	26 Cooks Choice	Hot ham & cheese 28 Tomato soup Celery & carrots Fruit /Milk **Strawberry cream pie**	29 Cooks Choice	Walking tacos & salsa 30 Lettuce, tomato, cheese Spinach Fruit Milk