

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



Labor Day
NO
SCHOOL

5

Breakfast casserole
Yogurt and granola
Fruit
Juice
Milk

6

Combo bars
Banana bread
Cheese stick
Fruit
Juice/ Milk

7

Chicken & waffles
Cheese sticks
Fruit
Juice
Milk

1

Blueberry muffins
Yogurt and granola
Fruit
Juice
Milk

2

Breakfast burrito
Fruit
Juice
Milk

12

Cinnamon roll
Yogurt
Fruit
Juice
Milk

13

**** Donuts ****
Cheese stick
Fruit
Juice
Milk

14

Scrambled eggs
**** Cheese toast ****
Fruit
Juice
Milk

15

Tornados
**** Cinn. raisin toast ****
Cheese stick
Fruit
Juice/ Milk

16

Fried egg, sausage,
cheese, English muffin
Fruit
Juice
Milk

19

Breakfast casserole
**** String cheese ****
Fruit
Juice
Milk

20

Pancake on a stick
Yogurt & granola
**** Bananas ****
Juice
Milk

21

Blueberry muffins
Cheese stick
Fruit
Juice
Milk

22

Cinnamon roll
Yogurt
Fruit
Juice
Milk

23

**** Pancakes ****
Sausage
Fruit
Juice
Milk

26

Biscuits & sausage gravy
Fruit
Juice
Milk

27

Combo bars
Banana bread
Yogurt
Fruit
Juice/ Milk

28

Donuts
Cheese stick
Fruit
Juice
Milk

29

Chicken biscuit
Hashbrown patty
Fruit
Juice
Milk

30

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LUNCH



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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.



MONDAY

TUESDAY

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FRIDAY

