

APRIL 2024

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.



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

Cereal
Cheese stick
Applesauce
Juice
Milk

1

TUESDAY

Breakfast burrito
Mandarin oranges
Juice
Milk

2

WEDNESDAY

Breakfast pizza
Tropical fruit
Juice
Milk

3

THURSDAY

Biscuits/ sausage gravy
Yogurt & granola
Banana
Juice
Milk

4

FRIDAY

NO
SCHOOL

5

Combo bars
Yogurt & granola
Mixed fruit
Juice
Milk

8

Cheese omelettes
Bacon
Toast
Pineapples
Juice / Milk

9

Pancake on a stick
Cheese stick
Yogurt & granola
Peaches
Juice / Milk

10

Biscuits/ sausage gravy
Yogurt & granola
Applesauce
Juice
Milk

11

NO
SCHOOL

12

Oatmeal
Toast
Mandarin oranges
Juice
Milk

15

Breakfast casserole
Toast
Pears
Juice
Milk

16

Waffles
Sausage patty
Strawberries
Juice
Milk

17

Biscuits/ sausage gravy
Yogurt & granola
Banana
Juice
Milk

18

NO
SCHOOL

19

Cereal
Cheese stick
Applesauce
Juice
Milk

22

Sausage, egg, cheese
English muffins
Mango/tropical fruit
Juice
Milk

23

Blueberry muffins
Cheese stick
Yogurt & granola
Mixed fruit
Juice / Milk

24

Biscuits/ sausage gravy
Yogurt & granola
Peaches
Juice
Milk

25

NO
SCHOOL

26

French toast
Sausage patty
Mixed fruit
Juice
Milk

29

Scrambled eggs
Toast
Pineapples
Juice
Milk

30



APRIL 2024

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LUNCH



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April is National Garden Month. Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken drumsticks
Au gratins
Corn
Pineapples
Milk

1

Beef stroganoff
Green beans
Roll
Pears
Milk

2

Sub sandwiches
Lettuce, tomato, cheese
Carroteenies / Celery
Chips / Honeybun
Berry ice cup / Milk

3

Beef tips
Brown rice
Carrots
Oranges
milk

4

NO
SCHOOL

5

Orange chicken
Egg roll
Stir fry
Fried rice
Cherry ice cup / Milk

8

Spaghetti / Breadstick
Romaine, spinach,
tomato salad
Mango/strawberries
Milk

9

Chili dogs
Fries
Carroteenies / Celery
Tropical fruit
Milk

10

Beef stew
Cornbread
Peaches
Milk

11

NO
SCHOOL

12

Walking tacos
Brown rice
Lettuce, tomato, cheese
Mixed fruit
Milk

15

BBQ Chicken
Baked beans
Mac & Cheese
Applesauce
Milk

16

Pizza
Romaine, spinach,
tomato salad
Mandarin oranges
Milk

17

Roast
Mashed potato
Green beans / Roll
Strawberry ice cup
Milk

18

NO
SCHOOL

19

Sloppy joes
Cole slaw / potato
salad
Blackeye peas
Mango/ Tropical fruit
Milk

22

Lasagna / Breadsticks
Romaine, spinach,
tomato salad
Corn
Berry ice cup / Milk

23

Fish sticks-ES
Chicken strips-HS
Sweet potato fries
Mac & cheese
Apple slices / Milk

24

Chicken pot pie
W/ WG biscuits
Carrots
Pears
Milk

25

NO
SCHOOL

26

Chicken fajitas
Ranch beans
Pineapple
Milk

29

Beef & cheese ravioli
Breadsticks
Broccoli / Cauliflower
Oranges
Milk

30

