

# DECEMBER 2022

# GEARY PUBLIC SCHOOLS

# BREAKFAST



All meals include a choice of 1% or non-fat milk.  
This institution is an equal opportunity provider.  
Menu is subject to change due to supply shortage.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Combo bar  
Tornado (HS)  
Yogurt & granola  
Fruit  
Juice/Milk

5

Chicken strips  
Waffles  
Gogurt  
Fruit  
Juice/Milk

6

French Toast  
Sausage patty  
Fruit  
Juice  
Milk

7

Pancake on a stick  
Cheese stick  
\*\* red apple\*\*  
Juice  
Milk

1

Breakfast burrito  
Fruit  
Juice  
Milk

2

Scrambled eggs  
Hashbrowns  
Bacon  
Biscuit  
Fruit/Juice/Milk

12

Donuts  
Cheese sticks  
Fruit  
Juice  
Milk

13

Biscuits  
Sausage gravy  
Fruit  
Juice  
Milk

14

Blueberry muffins  
Cheese stick  
Fruit  
Juice  
Milk

15

Breakfast pizza  
Fruit  
Juice  
Milk

16

NO  
SCHOOL

19

NO  
SCHOOL

20

NO  
SCHOOL

21

NO  
SCHOOL

22

NO  
SCHOOL

23

NO  
SCHOOL

26

NO  
SCHOOL

27

NO  
SCHOOL

28

NO  
SCHOOL

29

NO  
SCHOOL

30

# DECEMBER 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.  
 ES=Elementary HS=Middle and High school



**Nutrition Tip:** Include whole grains. 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

## WEDNESDAY

## THURSDAY

## FRIDAY



Lil smokies  
 Mac & Cheese  
 Roll  
 Spinach / carrots  
 Fruit/ Milk

5

Walking tacos  
 Lettuce/Tomato/Cheese  
 Ranch beans  
 Fruit  
 Milk

6

Calzone  
 Breadsticks  
 Peas/Carrots  
 Fruit/Milk  
 Holiday Chex Mix

7

Spaghetti  
 Garlic bread  
 Romaine & tomato salad  
 Fruit  
 Milk

1

Salisbury steak  
 Brown rice w/ gravy  
 Carrots  
 Corn  
 Fruit/Milk

2

Grilled chicken sandwich  
 Lettuce/tomato/cheese  
 Fries  
 Fruit/Milk  
 \*\*Ambrosia salad\*\*

12

Turkey w/gravy  
 Mashed potatoes/stuffing  
 Green beans / Roll  
 Fruit/Milk  
 \*\* Hot cocoa w/mallows\*\*

13

Corn dogs  
 Cauliflower w/cheese  
 Ranch beans  
 Fruit  
 Milk

14

Orange chicken  
 Egg roll / stir fry  
 Fried rice  
 Fruit/ milk  
 \*\*Brownies\*\*

8

Chicken fried steaks (HS)  
 Fish sticks (ES)  
 Augratin potatoes  
 Green beans  
 Fruit/ Milk

9

NO  
 SCHOOL

19

NO  
 SCHOOL

20

NO  
 SCHOOL

21

NO  
 SCHOOL

22

NO  
 SCHOOL

23

NO  
 SCHOOL

26

NO  
 SCHOOL

27

NO  
 SCHOOL

28

NO  
 SCHOOL

29

NO  
 SCHOOL

30