

February 2020

Geary Public School

BREAKFAST



All meals include a choice of non-fat or 1% milk.

This institution is an equal opportunity provider.



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk.

Reference: NHANES 13-14



Monday

Cinnamon Roll
Yogurt
Pears
Juice
Milk

3

Tuesday

Pancake on a Stick
Orange Slices
Juice
Milk

4

Wednesday

Breakfast Soft Taco
Salsa
Peaches
Juice
Milk

5

Thursday

Biscuit
Sausage Gravy
Banana
Juice
Milk

6

Friday

Breakfast Burrito
Apple Slices
Juice
Milk

7

French Toast Sticks
Sausage Patty
Orange Slices
Juice
Milk

10

Cheddar Omelet
Cinnamon Toast
Fruit Cocktail
Juice
Milk

11

Breakfast Pizza
Pears
Juice
Milk

12

Breakfast Muffin
Yogurt
Banana
Juice
Milk

13

Sausage Egg Biscuit
Peaches
Juice
Milk

14

No School

17

Breakfast Combo Bar
Hashbrowns
Applesauce
Juice
Milk

18

Mini Pancakes
Sausage Patty
Mandarin Oranges
Juice
Milk

19

Biscuit & Sausage Gravy
Banana
Juice
Milk

20

Cereal
Yogurt
Apple Slices
Juice
Milk

21

Bacon Egg & Cheese Bage
Cinnamon Apples
Juice
Milk

24

Breakfast Burrito
Orange Slices
Juice
Milk

25

Breakfast Muffin
Yogurt
Apple Slices
Juice
Milk

26

Scrambled Eggs
Little Smokies
Toast & Jelly
Banana
Juice - Milk

27

Biscuit & Sausage Gravy
Hashbrowns
Grapes
Juice
Milk

28



February 2020

Geary Public School

LUNCH



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Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Sloppy Joe
Baked French Fries
Green Beans
Fresh Grapes
Milk

3

Tuesday

Corn Dog
Baked Beans
Tater Tots
Pears
Milk

4

Wednesday

Pizza
Mixed Salad with Spicach
Black Eyed Peas
Mixed Fruit
Milk

5

Thursday

Chicken Fajitas
Ranch Style Beans
Corn
Orange Slices
Milk

6

Friday

Fish Sandwich
Lettuce & Tomato
Potato Salad
Peaches
Milk

7

Popcorn Chicken
Mashed Potatoes/Gravy
Corn
Dinner Roll
Mandarin Oranges - Milk

10

Chili Dogs
French Fries
Green Beans
Grapes
Milk

11

Un crustable
Chips
Baby Carrots
Pudding Cup
Apple Slices - Milk

12

Meatball Sub
Mixed Salad with Spinach
Italian Green Beans
Pineapple Tidbits
Milk

13

Tacos
Lettuce & Tomato
Ranch Style Beans
Cinnamon Apples
Milk

14

No School

17

Creamed Chicken
Mashed Potatoes/Gravy
Sweet Peas
Dinner Roll
Pears - Milk

18

Pulled Pork Sandwich
Pickle Spear
Coleslaw
French Fries
Peaches - Milk

19

Salisbury Steak
Seasoned Rice
Fresh Broccoli
Grapes
Milk

20

Hamburger
Lettuce & Tomato
Tater Tots
Apple Slices – Cookie
Milk

21

Fish Sticks
Au-gratin Potatoes
Green Beans
Mixed Fruit
Milk

24

Chicken Wrap
Lettuce & Tomato
Peas & Carrots
Pears
Milk

25

Pizza
Mixed Salad with Spinach
Black Eyed Peas
Applesauce
Milk

26

Oven Fried Chicken Legs
Mashed Potatoes/Gravy
Corn
Dinner Roll
Peaches
Milk

27

BBQ Rib Sandwich
Baked Beans
Potato Salad
Tropical Fruit
Milk

28



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Monday

Salisbury Steak Patty

3

Tuesday

Burrito

4

Wednesday

BBQ Rib Patty

5

Thursday

Corn Dog

6

Friday

No Second

7

Chicken Patty

10

Fish Patty

11

Half Day – No Second

12

Steak Patty

13

No Second

14

No School

17

Pork Patty

18

Fish Sticks

19

Hot Dog

20

No Second

21

Salisbury Steak Patty

24

Burrito

25

Chicken Patty

26

Pork Patty

27

No Second

28

