

# JANUARY 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.



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

NO  
SCHOOL

3

Toast  
Scrambled eggs  
Sausage patty  
Fruit  
Milk/Juice

4

Bagels  
Poptart  
Fruit  
Milk  
Juice

5

Muffin  
Cheese square  
Fruit  
Milk  
Juice

6

NO  
SCHOOL

7

Biscuits & Gravy  
Sausage patty  
Fruit  
Milk  
Juice

10

Cereal  
Yogurt w/granola  
Fruit  
Milk  
Juice

11

French toast  
Gogurt  
Fruit  
Milk  
Juice

12

Fried Egg Patty  
Biscuit  
Sausage patty  
Fruit  
Milk/Juice

13

Combo bars  
Yogurt  
Fruit  
Milk  
Juice

14

NO  
SCHOOL

17

Tornado  
Poptart  
Fruit  
Milk  
Juice

18

Breakfast burrito  
Yogurt  
Fruit  
Milk  
Juice

19

Cheese Toast  
Cheddar Omelette  
Fruit  
Milk  
Juice

20

Pancake on a stick  
Yogurt  
Fruit  
Milk  
Juice

21

Cinnamon Roll  
Gogurt  
Fruit  
Milk  
Juice

24

Waffle  
Cheese cubes  
Fruit  
Milk  
Juice

25

Biscuit  
Sausage patty  
Fruit  
Milk  
Juice

26

Oatmeal  
Toast  
Fruit  
Milk  
Juice

27

Cereal  
Yogurt & Granola  
Fruit  
Milk  
Juice

28

Pancakes  
Fruit  
Milk  
Juice

31



# JANUARY 2022

# GEARY PUBLIC SCHOOLS



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



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

NO  
SCHOOL

3

Chicken Salad Sand.  
Fries  
Corn  
Fruit  
Milk

4

Pizza  
Breadstick  
Diced Potatoes  
Hominy  
Fruit/Milk

5

Fish Sticks  
Au Gratin Potatoes  
Blackeye Peas  
Fruit  
Milk

6

NO  
SCHOOL

7

Salisbury Steak  
Rice w/gravy  
Mushrooms & onions  
Green Beans  
Fruit/ Milk

10

Taco w/salsa  
Refried Beans  
Spanish rice  
Corn  
Fruit/ Milk

11

Corndog  
Pinto Beans  
Cauliflower  
Fruit  
Milk

12

Beef Stew  
Carrots  
Whole Wheat Roll  
Fruit  
Milk

13

Cheeseburger w/pickles  
French Fries  
Spinach  
Fruit  
Milk

14

NO  
SCHOOL

17

Burrito w/salsa  
Olives  
Pepperoncinis  
Fruit  
Milk

18

Uncrustables  
Carroteenies  
Apple slices  
Plantains  
Milk

19

Nachos w/salsa  
Refried beans  
Fruit  
Milk

20

Hot dog w/relish  
Tater tots  
Broccoli  
Fruit  
Milk

21

Chili w/Pinto beans  
Corn muffins  
Fruit  
Milk

24

Pork Chop  
Mashed Potatoes w/gravy  
Spinach  
Whole grain roll  
Fruit/ Milk

25

Pizza  
Breadstick  
Green beans  
Fruit  
Milk

26

Tamale Pie w/salsa  
Acorn squash  
Fruit  
Milk

27

Manwich  
Sweet potato fries  
Corn  
Fruit  
Milk

28

Taco Salad  
Refried Beans  
Fruit  
Milk

31

