

April 2021

GEARY PUBLIC SCHOOLS

BREAKFAST



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

This institution is an equal opportunity provider.



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

Tuesday

Wednesday

Thursday

Friday



Tornado
Gogurt
Fruit
Juice
Milk

5

Sausage & Egg Biscuit
Fruit
Juice
Milk

6

Strudel
Yogurt
Fruit
Juice
Milk

7

Mini Pancakes
Sausage Patty
Yogurt
Fruit
Juice
Milk

1

NO SCHOOL –
GOOD FRIDAY

2

Cinnamon Roll
Cheese Stick
Fruit
Juice
Milk

8

NO SCHOOL –
SNOW DAY

9

Combo Bar
Gogurt
Fruit
Juice
Milk

12

Muffin
Cool Tropics (BR)
Juice
Milk

13

Cheese Toast
Yogurt
Fruit
Juice
Milk

14

Breakfast Burrito
Fruit
Juice
Milk

15

NO SCHOOL –
SNOW DAY

16

Pancake on a Stick
Fruit
Juice
Milk

19

Scrambled Eggs
Toast
Fruit
Juice
Milk

20

DCD – ½ DAY
Cereal
Yogurt
Fruit
Juice
Milk

21

Biscuit w/ Canadian
Bacon & Cheese
Fruit
Juice
Milk

22

NO SCHOOL –
SNOW DAY

23

Breakfast Burrito
Cheese Stick
Fruit
Juice
Milk

26

Combo Bar
Gogurt
Fruit
Juice
Milk

27

Tornado
Yogurt
Fruit
Juice
Milk

28

Mini Pancakes
Sausage Patty
Fruit
Juice
Milk

29

NO SCHOOL –
SNOW DAY

30

April 2021

GEARY PUBLIC SCHOOLS

LUNCH



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

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Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



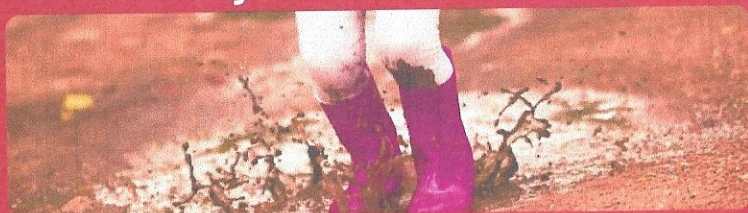
Monday

Tuesday

Wednesday

Thursday

Friday



Pulled Pork Sandwich
Chips
Coleslaw
Pinto Beans
Fruit
Milk

Chicken Wrap
Lettuce/Tomato/Cheese
Fresh Carrots
Fruit
Milk

Hamburger
French Fries
Baked Beans
Cool Tropics (BBB)
Fruit
Milk

Pizza
Mixed Salad
Black-eyed Peas
Breadstick
Fruit
Milk

Pork Chop
Augratin Potatoes
Spinach
Fruit
Milk

NO SCHOOL –
GOOD FRIDAY

NO SCHOOL –
SNOW DAY

Tater Tot Casserole
Romaine w/ Tomatoes
Sliced Carrots
Fruit
Milk

Burrito
Potato Wedges
Corn
Fruit
Milk

Pizza
Pinto Beans
Mixed Salad/Breadstick
Fruit
Milk

Ham & Cheese Sandwich
Pickle Chips
Potato Salad
Carrots
Fruit
Milk

NO SCHOOL –
SNOW DAY

Manwich
French Fries
Green Beans
Fruit
Milk

Crispito
Ranch Style Beans
Corn
Fruit
Milk

DCD – ½ DAY
PB&J
Chips/Pudding Cup
Carrots/Apple slices
Milk

Soft Taco
Lettuce/Tomato
Spanish Rice
Fruit
Milk

NO SCHOOL –
SNOW DAY

Mac N Cheese
Mixed Salad
Peas & Carrots
Fruit
Milk

Crispito
Sweet Potato Fries
Green Peas
Fruit
Milk

Pizza
Breadstick
Mixed Salad
Fruit
Milk

Chicken Sandwich
Lettuce/Tomato
Three Bean Salad
Potato Chips
Fruit
Milk

NO SCHOOL –
SNOW DAY