

March 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: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

Pancake on a Stick
Cheese Stick
Fruit
Juice
Milk

1

Tuesday

Tornado
Gogurt
Fruit
Juice
Milk

2

Wednesday

Combo Bar
Yogurt
Fruit
Juice
Milk

3

Thursday

Cinnamon Roll
Gogurt
Fruit
Juice
Milk

4

Friday

Breakfast Burrito
Cheese Stick
Fruit
Juice
Milk

5

Sausage Biscuit/Jelly
Fruit
Juice
Milk

8

French Toast Sticks
Yogurt
Fruit
Juice
Milk

9

Mini Bagel
Cheese Stick
Fruit
Juice
Milk

10

½ Day – DCD
Cereal
Yogurt
Fruit
Juice
Milk

11

NO SCHOOL

12

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

Sausage Links
Scrambled Eggs
Toast/Jelly
Fruit
Juice
Milk

22

Pancake/Sausage Sandwich
Fruit
Juice
Milk

23

Strudel
Cheese Stick
Fruit
Juice
Milk

24

Tornado
Yogurt
Fruit
Juice
Milk

25

Cinnamon Toast
Gogurt
Fruit
Juice
Milk

26

Combo Bar
Cheese Stick
Fruit
Juice
Milk

29

Mini Bagel
Gogurt
Fruit
Juice
Milk

30

Pancake on a Stick
Yogurt
Fruit
Juice
Milk

31



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LUNCH



All meals include a choice of non-fat or 1% milk.
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Nutrition Tip: March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Frito Chili Pie
Romaine/Tomato Salad
Fruit
Milk

1

Tuesday

Crunchy Taco
Shredded Lettuce/Tomato
Mexican Rice
Fruit
Milk

2

Wednesday

Pizza
Mixed Salad
Breadstick
Fruit
Milk

3

Thursday

Chicken Leg
Mashed Potatoes/Gravy
Corn
Fruit
Milk

4

Manwich
Tater Tots
Sliced Carrots
Fruit
Milk

5

Meatball Sub
Mixed Salad/Spinach
Black-eyed Peas
Fruit
Milk

8

Mac N Cheese
Little Smokies
Mixed Salad
Fruit
Milk

9

Corn Dog
Potato Wedges
Green Beans
Fruit
Milk

10

½ Day – DCD
PB&J Chips
Fresh Carrots
Apple Slices
Milk

11

NO SCHOOL

12

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

Chili Cheese Dog
French Fries
Fresh Broccoli
Fruit
Milk

22

Crispito
Ranch Style Beans
Corn
Fruit
Milk

23

Pizza
Mixed Salad
Breadstick
Fruit
Milk

24

Meatloaf
Mashed Potatoes/Gravy
Green Beans
Dinner Roll
Fruit
Milk

25

Chicken Fried Steak
Sandwich
Lettuce/Tomato
Potato Salad
Fruit
Milk

26

Burrito
French Fries
Corn
Fruit
Milk

29

Fish Sticks
Au gratin Potatoes
Green Beans
Fruit
Milk

30

Hot Pocket
Mixed Salad
Fresh Carrots
Fruit
Milk

31

