

# MAY 2023

## GEARY PUBLIC SCHOOLS

### BREAKFAST



**All meals include 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:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Cereal  
 Donuts  
 Yogurt  
 Fruit  
 Juice/ Milk

1

Sausage gravy  
 Biscuit  
 Fruit  
 Juice  
 Milk

2

Combo bar  
 Tornado  
 Fruit  
 Juice  
 Milk

3

Chicken and waffles  
 Fruit  
 Juice  
 Milk

4

NO  
 SCHOOL

5

French toast  
 Sausage patty  
 Fruit  
 Juice  
 Milk

8

Breakfast casserole  
 Biscuit  
 Fruit  
 Juice  
 Milk

9

Tortilla  
 Scrambled eggs w/  
 Diced potatoes and ham  
 Fruit  
 Juice/ Milk

10

Omelettes  
 Toast  
 Bacon  
 Fruit  
 Juice/ Milk

11

NO  
 SCHOOL

12

Chicken biscuit  
 Hash brown  
 Fruit  
 Juice  
 Milk

15

Sausage gravy  
 Biscuit  
 Fruit  
 Juice  
 Milk

16

Pancake on a stick  
 Yogurt  
 Fruit  
 Juice  
 Milk

17

NO  
 SCHOOL

18

NO  
 SCHOOL

19

NO  
 SCHOOL

22

NO  
 SCHOOL

23

NO  
 SCHOOL

24

NO  
 SCHOOL

25

NO  
 SCHOOL

26

NO  
 SCHOOL

29

NO  
 SCHOOL

30

NO  
 SCHOOL

31



# MAY 2023

## GEARY PUBLIC SCHOOLS

### LUNCH



All meals include a choice of non-fat or 1% milk.  
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**May is National Egg Month.** Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled.  
How do you like to eat eggs?

### MONDAY

Corn dogs  
Crispito  
Green peas  
Carrots  
Fruit/ Milk

1

### TUESDAY

Chicken and rice  
Pinto beans  
Spinach  
Garlic bread  
Fruit/ Milk

2

### WEDNESDAY

Smokies  
Mac n Cheese  
Carrots  
Roll  
Fruit/ Milk

3

### THURSDAY

Walking tacos  
Lettuce, tomato, cheese  
Ranch beans  
Fruit  
milk

4

### FRIDAY

NO  
SCHOOL

5

Cheeseburgers  
Lettuce, tomato, cheese  
Blackeye peas  
Tater rounds / Pickles  
Fruit/ Milk

8

Cold cuts  
Lettuce, tomato, cheese  
Carroteenies/ Celery/ Chips  
Pickles  
Fruit / Milk

9

Orange chicken  
Fried rice  
Stir fry  
Egg roll / Fortune cookie  
Fruit / Milk

10

Chicken dip  
Chips  
Corn  
Fruit  
Milk

11

NO  
SCHOOL

12

Cheesy chicken pasta  
Blackeye peas  
Green beans  
Fruit  
Milk

15

Fish sticks = ES  
Grilled chicken sandwich = HS  
Diced potatoes  
Diced carrots  
Fruit / Milk

16

Hot dogs  
Carroteenies / celery  
Watermelon  
Chips / Slushies  
Milk

17

NO  
SCHOOL

18

NO  
SCHOOL

19

NO  
SCHOOL

22

NO  
SCHOOL

23

NO  
SCHOOL

24

NO  
SCHOOL

25

NO  
SCHOOL

26

NO  
SCHOOL

29

NO  
SCHOOL

30

NO  
SCHOOL

31

