

September 2020

GEARY PUBLIC SCHOOLS

BREAKFAST



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

This institution is an equal opportunity provider.



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



Labor Day – No School

7

Tuesday

Breakfast Muffin
Yogurt
Apple Sauce
Juice
Milk

1

Wednesday

Combo Bar
Hash browns
Fruit
Juice
Milk

2

Thursday

Cinnamon Toast
Gogurt
Fruit
Juice
Milk

3

Friday

Biscuit
Sausage & Egg Patty
Fruit
Juice
Milk

4

Labor Day – No School

7

Breakfast Burrito
Cheese Stick
Fruit
Juice
Milk

8

Pancake on a Stick
Yogurt
Fruit
Juice
Milk

9

Early Release Day
Cereal
Fruit
Juice
Milk

10

Mini Pancakes
Sausage Patty
Fruit
Juice
Milk

11

Cinnamon Roll
Cheese Stick
Fruit
Juice
Milk

14

Combo Bar
Hashbrowns
Fruit
Juice
Milk

15

Cherry Strudel Stick
Gogurt
Fruit
Juice
Milk

16

French Toast Sticks
Sausage Patty
Fruit
Juice
Milk

17

No School

18

Scrambled Eggs
Toast & Jelly
Fruit
Juice
Milk

21

Breakfast Burrito
Cheese Stick
Fruit
Juice
Milk

22

Mini Pancakes
Sausage Patty
Fruit
Juice
Milk

23

Muffin
Yogurt
Fruit
Juice
Milk

24

Bacon Egg & Cheese Bagel
Fruit
Juice
Milk

25

Combo Bar
Cheese Stick
Fruit
Juice
Milk

28

Cinnamon Toast
Gogurt
Fruit
Juice
Milk

29

Pancake on a Stick
Yogurt
Fruit
Juice
Milk

30



September 2020

GEARY PUBLIC SCHOOLS

LUNCH



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

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Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

1

1

BBQ Rib Sandwich
Corn
Sliced Carrots
Fruit
Milk

2

Pizza
Mixed Salad
Pinto Beans
Fruit
Milk

3

Lasagna Roll ups
Mixed Salad
Breadstick
Fruit
Milk

4

Corndog
Tater Tots
Peas & Carrots
Fruit
Milk

7

Labor Day – No School

8

Burrito
Tater Tots
Romaine & Tomato w/ Ranch
Fruit
Milk

9

Pizza
Breadstick
Cucumber w/ Ranch
Fruit
Milk

10

Early Release Day
Uncrustable
Chips
Apple Slices Carrots
Rice Crispy Treat Milk

11

Tuna Sandwich
Leafy Lettuce & Tomato
Chips
Fruit
Milk

14

Grilled Chicken Patty
Brown Rice
Green Beans
Fruit
Milk

15

Crispitos
Ranch Style Beans
Corn
Fruit
Milk

16

Pizza
Tater Tots
Cucumber w/ Ranch
Fruit
Milk

17

Chicken & Dumplings
Green Beans
Hot Roll
Fruit
Milk

18

No School

21

Chicken Wrap
Leafy Lettuce & Tomato
Broccoli/Cauliflower/Ranch
Fruit Milk

22

Frito Chili Pie
Romaine & Tomato w/ Ranch
Fruit
Milk

23

Pizza
Breadstick
Cucumber & Ranch
Fruit
Milk

24

Chicken Nuggets
Mac & Cheese
Green Beans
Hot Roll
Milk

25

Chicken Fried Steak Sandwich
Lettuce/Tomato/Pickle
Baked Beans
Fruit
Milk

28

Fish Sticks
Au gratin Potatoes
Sweet Peas
Hot Roll
Fruit Milk

29

Hamburger
Leafy Lettuce & Tomato
Sweet Potato Fries
Fruit
Milk

30

Pizza
Mixed Salad
Pinto Beans
Fruit
Milk

