

SEPTEMBER 2021

GEARY PUBLIC SCHOOLS

BREAKFAST



All meals include a choice of non-fat or 1% milk.
This institution is an equal opportunity provider.



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mini Bagel
Cheese Stick
Fruit
Juice
Milk

1

Breakfast Tornado
Fruit
Juice
Milk

2

Combo Bar
Beef Stick
Fruit
Juice
Milk

3

Labor Day

6

NO SCHOOL

Scrambled Eggs
Toast
Fruit
Juice
Milk

7

International Literacy Day
Muffin
Yogurt
Fruit
Juice/Milk

French Toast
Sausage Patty
Fruit
Juice
Milk

9

Cinnamon Roll
Cheese Stick
Fruit
Juice
Milk

10

Breakfast Pizza
Fruit
Juice
Milk

13

Breakfast Burrito
Fruit
Juice
Milk

14

Pancake on a Stick
Fruit
Juice
Milk

15

National Stepfamily Day
Mini Bagel
Cheese Stick/Fruit
Juice/Milk

16

NO SCHOOL

17

Cinnamon Roll
Cheese Stick
Fruit
Juice
Milk

20

Biscuit
Sausage Gravy
Fruit
Juice
Milk

21

First Day of Fall
Cereal
Yogurt
Fruit
Juice/Milk

22

Egg /Cheese Sandwich
Fruit
Juice
Milk

23

National Horchata Day
Pancake/Sausage Patty
Fruit
Juice/Milk

24

French Toast
Egg Patty
Fruit
Juice
Milk

27

Sausage/Egg Biscuit
Fruit
Juice
Milk

28

World School Milk Day
Combo Bar
Beef Stick
Fruit
Juice/Milk

29

Scrambled Eggs
Little Smokies
Fruit
Juice
Milk

30



SEPTEMBER 2021

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LUNCH



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pizza Pocket
Mixed Salad
Pinto Beans
Fruit
Milk

1

Fish Sticks
Au gratin Potatoes
Sweet Peas
Fruit
Milk

2

CF Steak Sandwich
Lettuce/Tomato
Baked Beans
Fruit
Milk

3

Labor Day

6

NO SCHOOL

Chicken Wrap
Shredded Lettuce
Diced Tomato
Green Beans
Fruit/Milk

7

International Literacy Day

8

Pizza/Breadstick/Broccoli
Black-eyed Peas/Fruit
Milk

Steak fingers
Mashed Potatoes
Spinach
Fruit
Milk

9

½ Day
PB&J/Chips
Carroteenies/Apple Slices
Rice Krispy Treat
Milk

10

Frito Chili Pie
Hominy
Fruit
Milk

13

Spaghetti
Caesar Salad
Breadstick
Corn
Fruit
Milk

14

Corndog
Sun Chips
Carrots
Fruit
Milk

15

National Stepfamily Day
Tater tot Casserole
Green Beans
Fruit
Milk

16

NO SCHOOL

17

Mac n Cheese
Peas
Breadstick
Fruit
Milk

20

Crunchy Taco
Lettuce/Tomato
Refried Beans
Spanish Rice
Fruit
Milk

21

First Day of Fall
Burrito
Tater Tots
Cucumber Salad
Fruit
Milk

22

Meatloaf
Mashed Potatoes
Corn
Roll
Fruit
Milk

23

National Horchata Day
Hamburger
Potato Salad/Pickle Spear
Fruit
Milk

24

Hot Ham & Cheese
Chips
Pickle Slices
Fruit
Milk

27

Chicken Tamale Pie
Corn
Fruit
Milk

28

World School Milk Day
Pizza
Breadstick
Romaine & Tomato Salad
Pinto Beans
Fruit/Milk

29

Salisbury Steak
Brown Rice
Cauliflower
Fruit
Milk

30