

# FEBRUARY 2024

## GEARY PUBLIC SCHOOLS

### BREAKFAST



All meals served with a choice of non-fat or 1% milk.  
This institution is an equal opportunity provider.  
Menu is subject to change due to supply shortage.



**February is National Hot Breakfast Month.** A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Blueberry muffin  
Yogurt & granola  
Peaches  
Juice  
Milk

5

Breakfast burrito  
Mandarin oranges  
Juice  
Milk

6

Breakfast pizza  
Tropical fruit  
Juice  
Milk

7

Biscuits & sausage gravy  
Yogurt & granola  
Tropical fruit  
Juice  
Milk

1

NO  
SCHOOL

2

Waffles  
Sausage patty  
Strawberries  
Juice  
Milk

12

Scrambled eggs w/ham  
Banana bread  
Applesauce  
Juice  
Milk

13

Pancake on a stick  
Cheese stick  
Mango  
Juice  
Milk

14

Biscuits & sausage gravy  
Yogurt & granola  
Banana  
Juice  
Milk

15

Sausage, egg, cheese  
English muffin  
Pineapples  
Juice  
Milk

16

Oatmeal  
Cheese stick  
Peaches  
Juice  
Milk

19

Omelette  
Bacon  
Toast  
Mandarin oranges  
Juice  
Milk

20

Donuts  
Yogurt & granola  
Strawberries  
Juice  
Milk

21

Biscuits & sausage gravy  
Yogurt & granola  
Peaches / Parfait cups  
Juice  
Milk

22

Breakfast casserole  
English muffin  
Mixed fruit cup/ cocktail  
Juice  
Milk

23

French toast  
Sausage patty  
Mango  
Juice  
Milk

26

Scrambled eggs w/ bacon  
Chocolate bread  
Applesauce  
Juice  
Milk

27

Combo bars  
Yogurt & granola  
Pears  
Juice  
Milk

28

Biscuits & sausage gravy  
Yogurt & granola  
Banana  
Juice  
Milk

29

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## GEARY PUBLIC SCHOOLS

### LUNCH



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**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Barbeque chicken  
Macaroni & cheese  
Baked beans  
Romaine, tomato, spinach  
Mixed fruit cup / cocktail  
Milk

5

Broccoli soup  
French bread  
Cauliflower  
Honey bun  
Applesauce  
Milk

6

Corn dogs  
Crispitos  
Fries  
Carroteenies  
Pineapple  
Milk

7

Salisbury steak  
Brown rice & gravy  
Green beans  
Peaches / Peach cup  
Milk

1

NO  
SCHOOL

2

Spaghetti  
Breadsticks  
Romaine, tomato, spinach  
Mango  
Milk

12

Beef tips  
Brown rice  
Corn  
Peaches  
Milk

13

Hot ham and cheese heart  
Sandwich  
Tomato soup  
Blackeye peas  
Frozen strawberries  
Milk

14

Meatloaf  
Mashed potatoes & gravy  
Green beans / Roll  
Pears  
Milk

15

Chili beans  
Cornbread  
Carrots  
Fruit punch ice cup  
Milk

16

Orange chicken  
Stir fry / Fried rice  
Egg roll  
Applesauce  
Milk

19

Beans & ham  
Cornbread  
Mixed fruit cup / cocktail  
Milk

20

Sub sandwiches  
Lettuce, tomato, cheese  
Carroteenies / Celery  
Chips / Honey bun  
Tropical fruit  
Milk

21

Nachos  
WG Chips  
Zucchini & Squash  
Black cherry ice cup  
Milk

22

Roast  
Mashed potatoes  
Green beans / Roll  
Peaches  
Milk

23

Walking taco  
Lettuce, tomato, cheese  
Brown rice  
Frozen strawberries  
Milk

26

Sloppy joes  
Yams  
Spinach  
Tropical fruit  
Milk

27

Frito chili pie  
Brown rice  
Refried beans  
Pineapple  
Milk

28

Tortilla soup  
WG Chips  
Carroteenies / Celery  
Mango  
Milk

29