

MARCH 2023

GEARY PUBLIC SCHOOLS

BREAKFAST



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



National School Breakfast Week is March 7 – 11. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



****Peanut butter pancake**** 1
Sausage Patty
Fruit
Juice
Milk

Scrambled eggs 2
Bacon
Cheese toast
Fruit
Juice
Milk

Combo bar 3
Tornado
Fruit
Juice
Milk

Sausage breakfast burrito 6
Fruit
Juice
Milk

****Cereal**** 7
Blueberry muffin
Fruit
Juice
Milk

Donuts 8
Cheese stick
Fruit
Juice
Milk

Chicken biscuit 9
Hash brown
Fruit
Juice
Milk

NO SCHOOL 10

NO SCHOOL 13

NO SCHOOL 14

NO SCHOOL 15

NO SCHOOL 16

NO SCHOOL 17

Sausage, egg, cheese biscuit 20
Hash brown
Fruit
Juice
Milk

Omelette 21
Cinnamon toast
Fruit
Juice
Milk

Pancake on a stick 22
Yogurt
Fruit
Juice
Milk

Breakfast casserole 23
Biscuit
Fruit
Juice
Milk

NO SCHOOL 24

Sausage gravy 27
Biscuit
Fruit
Juice
Milk

French toast 28
Tornado
Fruit
Juice
Milk

Chicken biscuit 29
Hash brown
Fruit
Juice
milk

/ Bacon breakfast burrito 30
Fruit
Juice
Milk

NO SCHOOL 31

MARCH 2023

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LUNCH



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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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pizza
Breadsticks
Cauliflower w/ cheese
Fruit / Milk
****Peanut butter cookies****
****Celery W/ Peanut butter****

Lil Smokies
Mac & Cheese
Roll
Broccoli
Fruit / Milk
****Banana cream pie****

Chicken noodle soup
****Cold cut sandwich****
Lettuce, tomato, cheese, pickle
Pork & beans
Chips
Fruit / Milk

Walking tacos
Lettuce, tomato, cheese
Ranch beans
Fruit
Milk
****Oreo cookies****

Orange chicken
Egg roll
Stir fry
Fried rice
Fruit
Milk

Corn dog
Crispito
Romaine, spinach, tomato salad
Fruit
Milk

Pulled pork
Hawaiian roll
Au gratin Potatoes
Baked beans
Fruit
Milk

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

****Ravioli****
Garlic bread
Romaine, spinach, tomato salad
Fruit
Milk

Broccoli & cheese soup
****French bread****
Blackeye peas
Fruit
Milk
****Strawberry Shortcake****

Calzone
Carroteenies
Celery sticks w/ ranch
Fruit
Milk

Chicken alfredo = HS
Chicken Spaghetti = ES
Garlic bread
Green beans
Fruit
Milk

NO
SCHOOL

Cheeseburgers
Tater tots
Lettuce, tomato, pickle
Fruit
Milk

Salisbury steak
Brown rice / gravy
Carrots
Fruit / Milk
****Eskimo pie****

Frito chili pie
Lettuce, tomato, cheese
Chili beans
Fruit
Milk

Chicken Gravy
Mashed potatoes
Roll
Green beans
Fruit
Milk

NO
SCHOOL