



Don't Forget to Eat Your Vegetables!

Gering School District Breakfast Menu

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7

Breakfast Pizza

Choice of Cereal
Graham Crackers

Fruit/Vegetable
1% Milk

1

Apple Bosco Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Juice
1% Milk

2

Bread Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Vegetable
or Fruit
1% Milk

3

Turkey Apple Biscuit

Choice of Cereal
Graham Crackers

Vegetable Selection
Or Juice
1% Milk

4

Breakfast Flatbread

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

14

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

15

Sausage Breakfast Biscuit

Choice of Cereal
Graham Crackers

Juice/Vegetable
1% Milk

16

Breakfast Pizza

Choice of Cereal
Graham Crackers

Fruit/Vegetable
1% Milk

17

Cinnamon Roll

Choice of Cereal
Graham Crackers

Vegetable Selection
Juice
1% Milk

18

Yogurt Parfait

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

21

Breakfast Round

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

22

Bread Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Juice/Vegetable
1% Milk

23

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

24

Breakfast Flatbread

Choice of Cereal
Graham Crackers

Juice/Vegetable
1% Milk

25

Waffles

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

28

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

29

Bread Loaf
Cheese Stick

Choice of Cereal
Graham Crackers

Juice/Vegetable
1% Milk

30

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
or Fruit
1% Milk

31

Mini-Cinnis

Choice of Cereal
Graham Crackers

Juice/Vegetable
1% Milk



Prices

Elementary	1.75
Secondary	2.00
Reduced	.30
Extra Milk or Bottled Water	0.50
Adult	3.55



EXTRA INFO

Milk Choice of 1% White or Fat-Free Chocolate is included. For questions or comments, contact Mary Carman, the Food Service Director, at 308.633.3155 or email mcarman@geringschools.net.

