



Gering Headstart Menu

January
2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>				1
4	5 Breakfast Stacker Sandwich Vegetable Selection Juice 1% Milk	6 Sausage Breakfast Pizza Vegetable Selection Fruit 1% Milk	7 Cinnamon Roll Vegetable Selection Juice 1% Milk	8 Yogurt Parfait with Fruit & Granola Vegetable Selection Fruit 1% Milk
11 Sausage Breakfast Pizza Vegetable Selection Fruit 1% Milk	12 Biscuits & Gravy Vegetable Selection Juice 1% Milk	13 Mini Donut Cheese Stick Vegetable Selection Fruit 1% Milk	14 Cheesy Ham Melt Vegetable Selection Juice 1% Milk	15 Waffles Vegetable Selection Fruit 1% Milk
18 Long John Vegetable Selection Fruit 1% Milk	19 Pancakes Juice Vegetable Selection 1% Milk	20 Sausage Breakfast Pizza Vegetable Selection Fruit 1% Milk	21 Bacon, Egg & Cheese on English Muffin Vegetable Selection Juice 1% Milk	22 Fruit Frudel Vegetable Selection Fruit 1% Milk
25 Sausage Breakfast Pizza Vegetable Selection Canned Fruit 1% Milk	26 Waffles Sausage Patty Vegetable Selection Juice 1% Milk	27 Long John Vegetable Selection Fruit 1% Milk	28 Breakfast Stacker Sandwich Vegetable Selection Juice 1% Milk	29 Breakfast Burrito Vegetable Selection Fruit 1% Milk

PRICES

EXTRA INFO

For questions or comments, please contact
Mary Carman, Food Service Director at
mcarman@geringschools.net or call
308.633.3155.

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
TaHER Food4Life®



www.taHER.com