



# Gering Headstart Snack Menu

January  
2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>				1
4	5 Cheese Stick 1/4 cup Baby Carrots	6 Cereal Bar 1% Milk	7 Cheez-it Crackers Juice	8
11 Cereal Bar 1% Milk	12 Cheese Stick Juice	13 Mini Donuts 1% Milk	14 Tortilla Chips 1/4 cup Salsa	15
18 Goldfish Graham Crackers 1% Milk	19 Cheese Stick 1/4 cup Baby Carrots	20 Cereal Bar 1% Milk	21 Cheez-Its Juice	22
25 Cereal Bar 1% Milk	26 Fruit Cup Celery Sticks	27 Goldfish Crackers Cheese Stick	28 Fresh Apple Graham Crackers	29

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  
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