

# Gering Headstart Snack Menu

May  
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt 1% Milk	4 Cheese Stick Orange Juice	5 Cereal Bar 1% Milk	6 Cheez-it Crackers Juice	7
10 Cereal Bar 1% Milk	11 Cheese Stick Juice	12 Goldfish Crackers 1% Milk	13 Tortilla Chips 1/4 cup Salsa	14
17 Yogurt 1% Milk	18 Cheese Stick 1/4 cup Baby Carrots	19 Cereal Bar 1% Milk	20	21
24	25	26	27	28
31				 <p>Choose <b>MyPlate.gov</b></p>

INFORMATION

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

All the menu information on  
our app **Taher Food4Life®**



www.taher.com

Menus are subject to change without notice.