



GEO Prep Lunch Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken & Dinner Rolls Baked Sweet Potato Broccoli Florets Assorted Fresh Fruit	2 Hamburger on WG Bun Seasoned Green Beans Cauliflower Florets Assorted Fresh Fruit
5 White Beans & Brown Rice w/ Cornbread Seasoned Mixed Vegetables Cherry Tomatoes _Assorted Fresh Fruit	6 Macho Nachos w/ Fiesta Brown Rice Seasoned Pinto Beans Celery Sticks Assorted Fresh Fruit	7 Italian Meatsauce w/ WG Spaghetti & Breadstick Seasoned Green Beans Broccoli Florets Assorted Fresh Fruit	8 Chicken & Sausage Gumbo w/Brown Rice Seasoned Broccoli Cherry Tomatoes Assorted Fresh Fruit	9 Cheeseburger on WG Bun Tater Tots Baby Carrots Assorted Fresh Fruit
12 No School	13 No School	14 Hamburger w/ Gravy & Brown Rice Baked Sweet Potato Cucumber Slices Assorted Fruit	15 Caribbean Chicken w/Brown Rice Roasted Carrot Fries Cherry Tomatoes Assorted Fruit	16 Sloppy Joe on WG Bun Tater Tots Cucumber Slices Assorted Fresh Fruit
19 Chicken & Sausage Jambalaya w/ Brown Rice & Dinner Roll Seasoned Squash Baby Carrots Assorted Fruit	20 Macho Nachos w/ Fiesta Brown Rice Seasoned Pinto Beans Celery Sticks Assorted Fresh Fruit	21 BBQ Pork Sandwich Roasted Green Beans Broccoli Florets Assorted Fruit	22 Teriyaki Chicken Thigh w/ Brown Rice Seasoned Cabbage Cauliflower Florets Assorted Fruit	23 Cheeseburger on WG Bun Tater Tots Baby Carrots Assorted Fruit
26 White Beans & Brown Rice w/ Cornbread Seasoned Mixed Vegetables Fresh Broccoli _Assorted Fresh Fruit	27 Macho Nachos w/ Fiesta Brown Rice Seasoned Pinto Beans Cherry Tomatoes Assorted Fresh Fruit	28 Turkey Chili Mac w/ Breadstick Seasoned Corn Baby Carrots Assorted Fresh Fruit		

A complete meal includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of two vegetable side dishes, one fruit side dish and a choice of milk. Milk choices include Low-Fat White or Fat Free Chocolate Milk Daily. All grain items are whole grain rich.

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. They include...

- Deeply colored, nutrient dense and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli and beans;
- Whole grain foods, such as brown rice and whole wheat;
- Lean proteins including vegetarian and plant based;
- Reduction of unhealthy fats, sodium, and sugar;
- Hormone free milk;
- Poultry products raised without the routine use of antibiotics;
- Sustainable seafood;
- Cage free shell eggs;
- Locally grown produce; and
- A la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters