



GEO Prep Snack Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Graham Crackers & 100% Fruit Juice	2 WG Cookie & Skim Chocolate Milk or 1% White Milk
5 Graham Crackers & 100% Fruit Juice	6 Animal Crackers & 100% Fruit Juice	7 Low Fat String Cheese & 100% Fruit Juice	8 Annie's Chocolate Bunnies & 100% Fruit Juice	9 WG Cookie & Skim Chocolate Milk or 1% White Milk
12 No School	13 No School	14 Low Fat String Cheese & 100% Fruit Juice	15 Graham Crackers & 100% Fruit Juice	16 WG Cookie & Skim Chocolate Milk or 1% White Milk
19 Graham Crackers & 100% Fruit Juice	20 Animal Crackers & 100% Fruit Juice	21 Low Fat String Cheese & 100% Fruit Juice	22 Annie's Chocolate Bunnies & 100% Fruit Juice	23 WG Cookie & Skim Chocolate Milk or 1% White Milk
26 WG Cheez-Its & 100% Fruit Juice	27 Animal Crackers & 100% Fruit Juice	28 Low Fat String Cheese & 100% Fruit Juice		

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