



GEO Prep Supper Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Ham & Cheese Sandwich w/ Lettuce & Tomato Cucumber Slices Seasonal Fresh Fruit	2 Hamburger on Bun Celery Sticks Seasonal Fresh Fruit
5 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	6 Cheeseburger on Bun Broccoli Florets Seasonal Fresh Fruit	7 Turkey & Cheese Sandwich w/ Lettuce & Tomato Cherry Tomatoes Seasonal Fresh Fruit	8 Corn dog Cucumber Slices Seasonal Fresh Fruit	9 Chicken Patty on Bun Celery Sticks Seasonal Fresh Fruit
12 No School	13 No School	14 Honey Mustard Chicken Sandwich Cherry Tomatoes Seasonal Fresh Fruit	15 Turkey Ham & Cheese Sandwich w/ Lettuce & Tomato Cucumber Slices Seasonal Fresh Fruit	16 Hamburger on Bun Celery Sticks Seasonal Fresh Fruit
19 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	20 Cheeseburger on Bun Broccoli Florets Seasonal Fresh Fruit	21 Turkey & Cheese Sandwich w/ Lettuce & Tomato Cherry Tomatoes Seasonal Fresh Fruit	22 Corn dog Cucumber Slices Seasonal Fresh Fruit	23 Chicken Patty on Bun Celery Sticks Seasonal Fresh Fruit
26 Pizza Burger on Bun Carrot Sticks Seasonal Fresh Fruit	27 Hot Dog on Bun Broccoli Florets Seasonal Fresh Fruit	28 Honey Mustard Chicken Sandwich Cherry Tomatoes Seasonal Fresh Fruit		

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