



SIMPLY GOOD

GEO Prep Lunch Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog on WG Bun w/ Chili Baked Beans Cherry Tomatoes Assorted Fresh Fruit	4 Macho Nachos w/ Fiesta Brown Rice Seasoned Corn Celery Sticks Assorted Fresh Fruit	5 Italian Meatsauce w/ WG Spaghetti & Breadstick Seasoned Broccoli Broccoli Florets Assorted Fresh Fruit	6 Chicken & Sausage Gumbo w/Brown Rice Seasoned Green Beans Cherry Tomatoes Assorted Fresh Fruit	7 Cheeseburger on WG Bun Tater Tots Baby Carrots Assorted Fresh Fruit
10 Chicken & Sausage Jambalaya w/ Brown Rice Seasoned Yellow Squash Cherry Tomatoes Assorted Fresh Fruit	11 Macho Nachos w/ Fiesta Brown Rice Seasoned Corn Celery Sticks Assorted Fresh Fruit	12 BBQ Pork Sandwich Roasted Green Beans Broccoli Florets Assorted Fruit	13 Cajun Chicken w/ Garlic Bread Seasoned Cabbage Cauliflower Florets Assorted Fruit	14 Crispy Chicken Sandwich Tater Tots Baby Carrots Assorted Fruit
17 Red Beans w/ Brown Rice & Cornbread Seasoned Mixed Vegetables Cherry Tomatoes Assorted Fresh Fruit	18 Macho Nachos w/ Fiesta Brown Rice Seasoned Pinto Beans Celery Sticks Assorted Fresh Fruit	19 No School	20 No School	21 No School
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				

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