



GEO Prep Snack Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Cheez-Its & 100% Fruit Juice	4 Animal Crackers & 100% Fruit Juice	5 Low Fat String Cheese & 100% Fruit Juice	6 Annie's Chocolate Bunnies & 100% Fruit Juice	7 WG Cookie & Skim Chocolate Milk or 1% White Milk
10 Graham Crackers & 100% Fruit Juice	11 Animal Crackers & 100% Fruit Juice	12 Low Fat String Cheese & 100% Fruit Juice	13 Graham Crackers & 100% Fruit Juice	14 WG Cookie & Skim Chocolate Milk or 1% White Milk
17 WG Cheez-Its & 100% Fruit Juice	18 Animal Crackers & 100% Fruit Juice	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				

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