



SIMPLY GOOD

GEO Prep Supper Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	4 Cheeseburger on Bun Broccoli Florets Seasonal Fresh Fruit	5 Turkey & Cheese Sandwich w/ Lettuce & Tomato Cherry Tomatoes Seasonal Fresh Fruit	6 Corn dog Cucumber Slices Seasonal Fresh Fruit	7 Chicken Patty on Bun Celery Sticks Seasonal Fresh Fruit
10 Pizza Burger on Bun Carrot Sticks Seasonal Fresh Fruit	11 Hot Dog on Bun Broccoli Florets Seasonal Fresh Fruit	12 Honey Mustard Chicken Sandwich Cherry Tomatoes Seasonal Fresh Fruit	13 Turkey Ham & Cheese Sandwich w/ Lettuce & Tomato Cucumber Slices Seasonal Fresh Fruit	14 Hamburger on Bun Celery Sticks Seasonal Fresh Fruit
17 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	18 Cheeseburger on Bun Broccoli Florets Seasonal 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				

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