

January 2019

GEO Prep Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

New Year's Day - No School

2
3
4
7
Alternate Entrees

- Cinni-Mini French Toast Bites
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

8
Alternate Entrees

- Toasty Cheese Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

9
Alternate Entrees

- Mini Blueberry Pancakes
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

10
Alternate Entrees

- Sausage Biscuit Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

11
Alternate Entrees

- Scrambled Eggs
- Pork Sausage Patty
- Sliced Whole Grain toast
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

14
Alternate Entrees

- Blueberry Bash Waffles
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

15
Alternate Entrees

- Egg & Cheese Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

16
Alternate Entrees

- Blueberry Muffin
- Strawberry Banana Yogurt
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

17
Alternate Entrees

- Scrambled Eggs with Cheddar Cheese
- Sliced Whole Grain toast
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

18
Alternate Entrees

- Mini Cinnis
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

21

MLK Day - No School

22
Alternate Entrees

- Toasty Cheese Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

23
Alternate Entrees

- Mini Blueberry Pancakes
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

24
Alternate Entrees

- Sausage Biscuit Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

25
Alternate Entrees

- Scrambled Eggs
- Pork Sausage Patty
- Sliced Whole Grain toast
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk

28
Alternate Entrees

- Blueberry Bash Waffles
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

29
Alternate Entrees

- Egg & Cheese Sandwich
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

30
Alternate Entrees

- Blueberry Muffin
- Strawberry Banana Yogurt
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

31
Alternate Entrees

- Scrambled Eggs with Cheddar Cheese
- Sliced Whole Grain toast
- Cheerios
- Sliced Whole Grain toast

Fruit & Vegetable Bar

- Fresh Whole Fruit
- Assorted Fruit Juice

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Skim Milk
- Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

More Details: geoprep.nutrislice.com/menu/geo-prep/breakfast/

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