

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

New Year's Day - No School

2

3

4

7

- Main Entrees**
 - Red Beans & Rice
 - Homemade Cornbread
 - Brown Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Collard Greens
 - Fresh Carnal Sticks
- Fruit & Vegetable Bar**
 - Fresh Red Delicious Apple
 - Fresh Orange Wedges
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

8

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Corn
 - Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

9

- Main Entrees**
 - Smothered Pork Chop
 - Brown Rice
 - Dinner Roll
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Broccoli Florets
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

10

- Main Entrees**
 - Turkey Hot Dog
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Tater Tots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
 - Fresh Banana
 - Fresh Red Delicious Apple
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

11

- Main Entrees**
 - BBO Chicken
 - Dinner Roll
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - BBO Baked Beans
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
 - Fresh Pear
 - Fresh Red Delicious Apple
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

14

- Main Entrees**
 - Chicken and Sausage Jambalaya
 - Brown Rice
 - Dinner Roll
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Cinnamon Glazed Carrots
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
 - Fresh Red Delicious Apple
 - Fresh Orange Wedges
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

15

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Slow Cooked Pinto Beans
 - Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

16

- Main Entrees**
 - Classic Cheeseburger in Bun
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Fries
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

17

- Main Entrees**
 - Chicken Nuggets
 - Dinner Roll
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Homemade Mashed Potatoes
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
 - Fresh Banana
 - Fresh Red Delicious Apple
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

18

- Main Entrees**
 - Hamburger Steak and Gravy
 - Macaroni and Cheese
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Savory Green Beans
 - Fresh Carrots
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

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MLK Day - No School

22

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Corn
 - Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

23

- Main Entrees**
 - Chicken and Sausage Gumbo
 - Brown Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Savory Green Beans
 - Marinated Tomato & Cucumber Salad
- Fruit & Vegetable Bar**
 - Fresh Orange Wedges
 - Fresh Red Seedless Grapes
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

24

- Main Entrees**
 - Classic Chicken Sandwich
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Fries
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

25

- Main Entrees**
 - Home-Style Meatloaf
 - Brown Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Peas and Carrots
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

28

- Main Entrees**
 - Red Beans & Rice
 - Homemade Cornbread
 - Brown Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Collard Greens
 - Fresh Carnal Sticks
- Fruit & Vegetable Bar**
 - Fresh Red Delicious Apple
 - Fresh Orange Wedges
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

29

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Corn
 - Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

30

- Main Entrees**
 - Smothered Pork Chop
 - Brown Rice
 - Dinner Roll
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Seasoned Broccoli Florets
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
 - Fresh Red Seedless Grapes
 - Fresh Pear
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

31

- Main Entrees**
 - Turkey Hot Dog
 - Mixed Greens Salad with Cheese
 - Saltine Crackers
- Sides for All Meals**
 - Tater Tots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
 - Fresh Banana
 - Fresh Red Delicious Apple
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Ketchup
 - Mustard Packet
 - Mayonnaise Light Packet, 0.437 oz
 - Fat Free Ranch Dressing

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/lunch/
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