

January 2019

GEO Prep Supper

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

7

- Main Entrees**
- Honey Mustard Barbecue Chicken Sandwich
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- 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

8

- Main Entrees**
- Classic American Cheeseburger
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- 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

9

- Main Entrees**
- Turkey & Cheese Sandwich
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- 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

10

- Main Entrees**
- Turkey Corn Dog
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- 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

11

- Main Entrees**
- Classic Chicken Sandwich
- Sides for All Meals**
- Fresh Celery Sticks
- Fruit & Vegetable Bar**
- 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

14

- Main Entrees**
- Pizza Burger
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- 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

15

- Main Entrees**
- Turkey Hot Dog
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- 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

16

- Main Entrees**
- Classic Chicken Sandwich
 - Sauce, Honey Mustard Dipping, 1 oz
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- 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

17

- Main Entrees**
- Turkey Ham & Cheese Sandwich
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- 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

18

- Main Entrees**
- Buffalo Chicken Salad
 - Hamburger Bun
- Sides for All Meals**
- Fresh Celery Sticks
- Fruit & Vegetable Bar**
- 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

21

- Main Entrees**
- Classic American Cheeseburger
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- 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

22

- Main Entrees**
- Classic American Cheeseburger
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- 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

23

- Main Entrees**
- Turkey & Cheese Sandwich
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- 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

24

- Main Entrees**
- Turkey Corn Dog
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- 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**
- Classic Chicken Sandwich
- Sides for All Meals**
- Fresh Celery Sticks
- Fruit & Vegetable Bar**
- 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**
- Pizza Burger
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- 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

29

- Main Entrees**
- Turkey Hot Dog
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- 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

30

- Main Entrees**
- Classic Chicken Sandwich
 - Sauce, Honey Mustard Dipping, 1 oz
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- 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

31

- Main Entrees**
- Turkey Ham & Cheese Sandwich
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- 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

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/supper/

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