

February 2019

GEO Prep Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees**
 - BBO Chicken
 - Dinner Roll
- Sides for All Meals**
 - BBO Baked Beans
 - Sliced Cucumbers
- 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

4

- Main Entrees**
 - Chicken and Sausage Jambalaya
 - Brown Rice
 - Dinner Roll
- Sides for All Meals**
 - Cinnamon Glazed Carrots
 - 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

5

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
- Sides for All Meals**
 - Slow Cooked Pinto Beans
 - Fresh Cherry Tomatoes
- 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

6

- Main Entrees**
 - Classic Cheeseburger in Bun
 - Brown Rice
- Sides for All Meals**
 - Seasoned Fries
 - Sliced Cucumbers
- 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

7

- Main Entrees**
 - Chicken Nuggets
 - Macaroni and Cheese
- Sides for All Meals**
 - Savory Green Beans
 - Fresh Carrots
- 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

8

- Main Entrees**
 - Hamburger Steak and Gravy
 - Mashed Potatoes
 - Dinner Roll
- Sides for All Meals**
 - Seasoned Peas
 - Fresh Broccoli 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

11

- Main Entrees**
 - Chicken Etouffee
 - Brown Rice
 - Dinner Roll
- Sides for All Meals**
 - Cabbage
 - Fresh Broccoli 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

12

- Main Entrees**
 - Turkey Nachos
 - Brown Rice
- Sides for All Meals**
 - Mexican Style Pinto Beans
 - Fresh Cherry Tomatoes
- 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

13

- Main Entrees**
 - Chicken and Sausage Gumbo
 - Brown Rice
- Sides for All Meals**
 - Savory Green Beans
 - Marinated Tomato & Cucumber Salad
- 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

14

- Main Entrees**
 - Classic Chicken Sandwich
 - Brown Rice
- 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

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- Main Entrees**
 - Home-Style Meatloaf
 - Mashed Potatoes
 - Brown Gravy
 - Dinner Roll
- 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

18

- Main Entrees**
 - Chicken Nuggets
 - Macaroni and Cheese
- Sides for All Meals**
 - Fresh Carrots
 - Fresh Celery Sticks
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Fat Free Ranch Dressing

19

- Main Entrees**
 - Turkey Corn Dog
 - Brown Rice
- Sides for All Meals**
 - Sweet Potato Fries
 - Fresh Cherry Tomatoes
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Fat Free Ranch Dressing

20

- Main Entrees**
 - Classic American Cheeseburger
 - Brown Rice
- Sides for All Meals**
 - Seasoned Fries
 - Fresh Broccoli Florets
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Fat Free Ranch Dressing

21

- Main Entrees**
 - Turkey Tex-Mex Chili Macaroni
 - Garlic Bread
- Sides for All Meals**
 - Fresh Carrots
 - Fresh Celery Sticks
 - Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Fat Free Ranch Dressing

22

- Main Entrees**
 - BBO Rib-B-Q Sandwich
 - Brown Rice
- Sides for All Meals**
 - BBO Baked Beans
 - Tater Tots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Fat Free Ranch Dressing

25

- Main Entrees**
 - Chicken and Sausage Jambalaya
 - Brown Rice
 - Dinner Roll
- Sides for All Meals**
 - Cinnamon Glazed Carrots
 - 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

26

- Main Entrees**
 - Turkey Nachos
 - Fiesta Rice
- Sides for All Meals**
 - Slow Cooked Pinto Beans
 - Fresh Cherry Tomatoes
- 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

27

- Main Entrees**
 - Classic Cheeseburger in Bun
 - Brown Rice
- Sides for All Meals**
 - Seasoned Fries
 - Sliced Cucumbers
- 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**
 - Chicken Nuggets
 - Macaroni and Cheese
- Sides for All Meals**
 - Savory Green Beans
 - Fresh Carrots
- 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

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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