

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees**
- Italian Chicken Parm Sandwich
- Sides for All Meals**
- Seasoned Fries
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

2

- Main Entrees**
- BBQ Chicken
 - Macaroni and Cheese
 - Dinner Roll
- Sides for All Meals**
- Roasted Broccoli
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

3

- Main Entrees**
- Oven Fried Cajun Fish
 - Dinner Roll
- Sides for All Meals**
- Tater Tots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

6

- 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

7

- 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

8

- Main Entrees**
- Hamburger Steak and Gravy
 - Dinner Roll
 - Brown Rice
- Sides for All Meals**
- Seasoned Peas and Carrots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

9

- Main Entrees**
- Italian Meatball Sub
- Sides for All Meals**
- Sweet Potato Fries
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

10

- Main Entrees**
- Chicken Nuggets
- Sides for All Meals**
- Mashed Potatoes
 - Fresh Carrots
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

13

- Main Entrees**
- Chicken Etouffee
 - Brown Rice
 - 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

14

- Main Entrees**
- Turkey Nachos
 - Fiesta 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

15

- Main Entrees**
- BBQ Pulled Pork Sandwich
- Sides for All Meals**
- Sweet Potato Tots
 - Marinated Tomato & Cucumber Salad
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

16

- Main Entrees**
- Chicken & Cheese Quesadilla
- Sides for All Meals**
- Seasoned Corn
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

17

- Main Entrees**
- Oven Fried Cajun Fish
 - Dinner Roll
- Sides for All Meals**
- Tater Tots
 - Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

20

- Main Entrees**
- Crispy Chicken Patty Sandwich
- Sides for All Meals**
- Sweet Potato Tots
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

21

- Main Entrees**
- Turkey Nachos
 - Fiesta 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

22

- Main Entrees**
- Meatballs in Spaghetti Sauce
 - Spaghetti
 - Garlic Bread
- Sides for All Meals**
- Roasted Broccoli
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

23

- Main Entrees**
- Cajun Chicken Thighs
 - Brown Rice
 - Brown Gravy
- Sides for All Meals**
- Savory Baked Stuffed Potato
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

24

- Main Entrees**
- Classic American Cheeseburger
- Sides for All Meals**
- Tater Tots
 - Fresh Carrot Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

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Memorial Day - No School

28

- Main Entrees**
- Turkey Nachos
 - Fiesta 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

29

- Main Entrees**
- Meatballs in Spaghetti Sauce
 - Spaghetti
 - Garlic Bread
- Sides for All Meals**
- Roasted Broccoli
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

30

- Main Entrees**
- Cajun Chicken Thighs
 - Cajun Brown Rice
 - Dinner Roll
- Sides for All Meals**
- Savory Baked Stuffed Potato
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

31

- Main Entrees**
- Classic American Cheeseburger
- Sides for All Meals**
- Tater Tots
 - Fresh Carrot Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate 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/lunch/
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