



GEO Midcity Snack Menu May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Animal Crackers & 100% Fruit Juice	2 Low Fat String Cheese & 100% Fruit Juice	3 Graham Crackers & 100% Fruit Juice	4 WG Cookie & Skim Chocolate Milk or 1% White Milk
7 Graham Crackers & 100% Fruit Juice	8 Animal Crackers & 100% Fruit Juice	9 Low Fat String Cheese & 100% Fruit Juice	10 Annie's Chocolate Bunnies & 100% Fruit Juice	11 WG Cookie & Skim Chocolate Milk or 1% White Milk
14 WG Cheez-Its & 100% Fruit Juice	15 Animal Crackers & 100% Fruit Juice	16 Low Fat String Cheese & 100% Fruit Juice	17 Graham Crackers & 100% Fruit Juice	18 WG Cookie & Skim Chocolate Milk or 1% White Milk
21 Graham Crackers & 100% Fruit Juice	22 Animal Crackers & 100% Fruit Juice	23 Low Fat String Cheese & 100% Fruit Juice	24 Annie's Chocolate Bunnies & 100% Fruit Juice	25 No School
28 No School	29 No School	30 No School	31 No School	

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. They include...

- Deeply colored, nutrient dense and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli and beans;
- Whole grain foods, such as brown rice and whole wheat;
- Lean proteins including vegetarian and plant based;
- Reduction of unhealthy fats, sodium, and sugar;
- Hormone free milk;
- Poultry products raised without the routine use of antibiotics;
- Sustainable seafood;
- Cage free shell eggs;
- Locally grown produce; and
- A la carte snacks and beverages that meet our strict Balanced Choices nutritional parameters