



SIMPLY GOOD

GEO Midcity Supper Menu May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog on Bun Broccoli Florets Seasonal Fresh Fruit	2 Honey Mustard Chicken Sandwich Cherry Tomatoes Seasonal Fresh Fruit	3 Turkey Ham & Cheese Sandwich w/ Lettuce & Tomato Cucumber Slices Seasonal Fresh Fruit	4 Hamburger on Bun Celery Sticks Seasonal Fresh Fruit
7 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	8 Cheeseburger on Bun Broccoli Florets Seasonal Fresh Fruit	9 Turkey & Cheese Sandwich w/ Lettuce & Tomato Cherry Tomatoes Seasonal Fresh Fruit	10 Corndog Cucumber Slices Seasonal Fresh Fruit	11 Chicken Patty on Bun Celery Sticks Seasonal Fresh Fruit
14 Pizza Burger on Bun Carrot Sticks Seasonal Fresh Fruit	15 Hot Dog on Bun Broccoli Florets Seasonal Fresh Fruit	16 Honey Mustard Chicken Sandwich Cherry Tomatoes Seasonal Fresh Fruit	17 Turkey Ham & Cheese Sandwich w/ Lettuce & Tomato Cucumber Slices Seasonal Fresh Fruit	18 Hamburger on Bun Celery Sticks Seasonal Fresh Fruit
21 BBQ Chicken Sandwich Carrot Sticks Seasonal Fresh Fruit	22 Cheeseburger on Bun Broccoli Florets Seasonal Fresh Fruit	23 Turkey & Cheese Sandwich w/ Lettuce & Tomato Cherry Tomatoes Seasonal Fresh Fruit	24 Corndog Cucumber Slices Seasonal Fresh Fruit	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