

February 2019

Geo Prep Mid City Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Alternate Entrees**
- Mini Cinnis
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

4

- Alternate Entrees**
- Whole Grain French Toast Sticks
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

5

- Alternate Entrees**
- Toasty Cheese Sandwich
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

6

- Alternate Entrees**
- Mini Blueberry Pancakes
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

7

- Alternate Entrees**
- Sausage Biscuit Sandwich
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

8

- Alternate Entrees**
- Apple Frudel
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

11

- Alternate Entrees**
- Blueberry Bash Waffles
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

12

- Alternate Entrees**
- Toasted Ham & Cheese
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

13

- Alternate Entrees**
- Blueberry Muffin
 - Strawberry Banana Yogurt
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

14

- Alternate Entrees**
- Skewered Sausage Pancake
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

15

- Alternate Entrees**
- Mini Cinnis
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

18

- Alternate Entrees**
- Sausage Biscuit Sandwich
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

19

- Alternate Entrees**
- Skewered Sausage Pancake
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

20

- Alternate Entrees**
- Skewered Sausage Pancake
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

21

- Alternate Entrees**
- Berry Parfait with Granola
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

22

- Alternate Entrees**
- Blueberry Muffin
 - Sliced Whole Grain toast
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

25

- Alternate Entrees**
- Blueberry Bash Waffles
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

26

- Alternate Entrees**
- Toasted Ham & Cheese
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

27

- Alternate Entrees**
- Blueberry Muffin
 - Strawberry Banana Yogurt
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Skim Milk

28

- Alternate Entrees**
- Skewered Sausage Pancake
 - Cheerios
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - 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-mid-city/breakfast/

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