

# February 2019

## Geo Prep Mid City Lunch

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

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

**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

**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

**6**

- Main Entrees**
  - Classic Cheeseburger in Bun
- 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

**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

**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

**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

**12**

- 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

**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

**14**

- Main Entrees**
  - Classic Chicken Sandwich
- 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

**15**

- 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

**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

**19**

- Main Entrees**
  - Turkey Corn Dog
- 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

**20**

- Main Entrees**
  - Classic American Cheeseburger
- 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

**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

**22**

- Main Entrees**
  - BBQ Rib-B-Q Sandwich
- Sides for All Meals**
  - BBQ 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

**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

**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

**27**

- Main Entrees**
  - Classic Cheeseburger in Bun
- 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

**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

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/lunch/](http://geoprep.nutrislice.com/menu/geo-prep-mid-city/lunch/)  
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