

# February 2019

## Geo Prep Mid City Supper

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

- Main Entrees**
- Buffalo Chicken Salad
  - Hamburger Bun
- Sides for All Meals**
- Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**4**

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

**5**

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

**6**

- Main Entrees**
- Turkey & Cheese Sandwich
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**7**

- Main Entrees**
- Turkey Corn Dog
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**8**

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

**11**

- Main Entrees**
- Pizza Burger
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**12**

- Main Entrees**
- Turkey Hot Dog
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**13**

- Main Entrees**
- Classic Chicken Sandwich
  - Sauce, Honey Mustard Dipping, 1 oz
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**14**

- Main Entrees**
- Turkey Ham & Cheese Sandwich
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**15**

- Main Entrees**
- Buffalo Chicken Salad
  - Hamburger Bun
- Sides for All Meals**
- Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**18**

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

**19**

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

**20**

- Main Entrees**
- Turkey & Cheese Sandwich
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**21**

- Main Entrees**
- Turkey Corn Dog
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**22**

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

**25**

- Main Entrees**
- Pizza Burger
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**26**

- Main Entrees**
- Turkey Hot Dog
- Sides for All Meals**
- Fresh Broccoli Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**27**

- Main Entrees**
- Classic Chicken Sandwich
  - Sauce, Honey Mustard Dipping, 1 oz
- Sides for All Meals**
- Fresh Cherry Tomatoes
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
  - Chocolate Skim Milk

**28**

- Main Entrees**
- Turkey Ham & Cheese Sandwich
- Sides for All Meals**
- Sliced Cucumbers
- Fruit & Vegetable Bar**
- 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/supper/](http://geoprep.nutrislice.com/menu/geo-prep-mid-city/supper/)  
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