

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees**
- BBQ Rib-B-Q Sandwich
- Sides for All Meals**
- Sweet Potato Fries
 - Sliced Cucumbers
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

4

- Main Entrees**
- Chicken Etouffee
 - Brown Rice
 - 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

5

- 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

6

- Main Entrees**
- BBQ Pulled Pork Sandwich
- Sides for All Meals**
- Sweet Potato Tots
 - Marinated Tomato & Cucumber Salad
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

7

- Main Entrees**
- Chicken & Cheese Quesadilla
- Sides for All Meals**
- Seasoned Corn
 - Fresh Cauliflower Florets
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

8

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

11

- Main Entrees**
- Oven Fried Cajun Fish
 - Macaroni and Cheese
- Sides for All Meals**
- Savory Green Beans
 - Fresh Cauliflower 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

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

14

- Main Entrees**
- Meatballs in Spaghetti Sauce
 - Spaghetti
 - Whole Grain Toasted Garlic Bread
- Sides for All Meals**
- Roasted Broccoli
 - Fresh Celery Sticks
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

15

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

18

- Main Entrees**
- Red Beans & Rice
 - Brown Rice
 - Cornbread
- Sides for All Meals**
- Seasoned Collard Greens
 - Fresh Carrots
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
 - Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

19

- 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

20

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

21

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

22

- Main Entrees**
- Chili Cheese Dog
- Sides for All Meals**
- 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 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

26

- 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

27

- 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

28

- Main Entrees**
- Turkey Tex-Mex Chili Macaroni
 - Whole Grain Toasted 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

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

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/
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