

March 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**
- Turkey Hot Dog
- Sides for All Meals**
- Fresh Carrots
- Fruit & Vegetable Bar**
- Fresh Whole Fruit
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk

19

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

26

- 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

27

- 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

28

- 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

29

- 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

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/

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