

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Under-the-sea-Whole Wheat Fish Nuggets</b> <b>OR: Roasted Veggie Sticks</b> <b>WITH:</b> Homemade Tartar Sauce Whole Wheat Roll Vegetable Medley Diced Pears	<b>2</b> <b>Tex Mex Turkey Soft Taco</b> <b>OR: Bean and Cheese Burrito</b> <b>WITH:</b> Cheddar Cheese Shredded Lettuce Chef Made Corn & Black Bean Salad Pineapple Tidbits	<b>3</b> <b>Chicken and Vegetable Lo Mein</b> Featuring Local Springer Mountain All Natural Chicken <b>OR: Vegetable Lo Mein</b> Fresh Cut Green Beans Fresh Sliced Apples*  *Applesauce
		<b>6</b> <b>Oven Roasted Chicken</b> <b>OR: Eggplant with Cheese</b> <b>WITH:</b> Lemon Herb Rice Green Lima Beans Mandarin Oranges	<b>7</b> <b>Whole Wheat Spaghetti in a Savory Turkey Meat Sauce</b> <b>OR: Whole Wheat Spaghetti with Garden Vegetables in Herb Sauce</b> <b>WITH:</b> Mozzarella Cheese Shreds Soft Breadstick Green Peas Diced Pears	<b>8</b> <b>Twist &amp; Shout Mac 'n Cheese</b> <b>WITH:</b> Whole Wheat Roll Vegetable Medley Fruit Yogurt Cup
<b>13</b> <b>American Hamburger Skillet</b> <b>OR: American Garden Skillet with Cheese</b> <b>WITH:</b> Soft Breadstick Green Peas Pineapple Tidbits	<b>14</b> <b>Whole Grain Chicken Nuggets</b> <b>OR: Boca Nuggets</b> <b>WITH:</b> House-made Barbeque Sauce Slow Cooked Baked Beans Diced Pears	<b>15</b> <b>Mama Mia Marinara Turkey Meatball Sub</b> <b>OR: Meatless Meatball Sub</b> <b>WITH:</b> Sliced Cheese Garden Salad with Italian Dressing* Mandarin Oranges  *Green Beans	<b>16</b> <b>Homestyle Beef Chili</b> <b>OR: Vegetarian Chili</b> <b>WITH:</b> Cornbread Mixed Vegetable Medley Golden Applesauce	<b>17</b> <b>Turkey Cheeseburger Mac</b> <b>OR: Cheesy Shell Pasta</b> Fresh Garden Salad with Homemade Ranch Dressing* Diced Peaches  *Green Peas
<b>20</b> <b>Crispy Chicken Sandwich</b> <b>OR: Black Bean Sandwich</b> <b>WITH:</b> Wheat Bun Honey Mustard Diced Carrots Mandarin Oranges	<b>21</b> <b>Fiesta Chicken Soft Taco</b> <b>OR: Bean and Cheese Burrito</b> Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	<b>22</b> <b>Creamy Chicken Alfredo Pasta</b> featuring Local Springer Mountain All Natural Chicken <b>OR: Creamy Alfredo Pasta</b> <b>WITH:</b> Mixed Vegetables Diced Pears	<b>23</b> <b>Topsy Turvy Breakfast for Lunch!!</b> <b>Whole Grain Waffle Sticks</b> <b>WITH: Turkey Sausage</b> <b>OR: Vegetarian Sausage</b> Waffle Syrup Applesauce Banana Half	<b>24</b> <b>Pizza Day</b> <b>Whole Wheat Cheese Pizza</b> <b>WITH:</b> Baby Carrots* with Ranch Dip Pineapple Tidbits  *Naturally Sweet Diced Carrots
<b>27</b> <b>Chicken and Dumplings</b> featuring Local Springer Mountain All Natural Chicken <b>OR: Vegetable Sticks</b> <b>WITH:</b> Fresh Cut Green Beans Diced Peaches	<b>28</b> <b>Savory Turkey Meatballs</b> <b>OR: Meatless Meatballs</b> <b>IN:</b> Marinara Sauce <b>WITH:</b> Spaghetti Garden Salad with Italian Dressing* Citrus Smiles  *Green Peas	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Vegetarian Entrée Options</b> </div>  <div style="border: 1px solid black; padding: 5px; display: inline-block;">                     *2oz Steamed Vegetable Substitute for Toddler                 </div>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Milk Served with Lunch Daily</b> </div>		



ChefAdvantage is committed to Healthy, Nutritious and Delicious Meals.  
 Locally sourced ingredients included whenever possible.  
 No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.  
[www.ChefAdvantage.com](http://www.ChefAdvantage.com) 770-421-9550

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Fish Nuggets <b>Wheat, Fish, Milk, Soy</b> Tartar Sauce Soy, Egg, Fish Soy, Wheat Roll Mixed Vegetables Pears Veggie Sticks <b>Soy, Wheat, Milk, Egg</b>	<b>2</b> Soft Taco Cheddar Cheese Lettuce Corn & Black Bean Pineapple Bean and Cheese Burrito <b>Wheat, Milk, Soy</b>	<b>3</b> Chicken Lo Mein** <b>Wheat, Soy</b> Green Beans Apples Vegetable Lo Mein** <b>Wheat, Soy</b> *Applesauce <b>None</b>
		<b>6</b> Roasted Chicken Lemon Rice Lima Beans Oranges Eggplant w/ Cheese <b>Soy, Wheat, Milk</b>	<b>7</b> Spaghetti** Mozzarella Cheese Breadstick Peas Pears Spaghetti w/ Cheese <b>Milk, Wheat</b>	<b>8</b> Pasta** Roll Veggie Medley Yogurt <b>Wheat, Milk</b> <b>Soy, Wheat</b> <b>None</b> <b>Milk</b>
<b>13</b> Hamburger Skillet** Breadstick Green Peas Pineapple Garden Skillet <b>Wheat, Soy</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Wheat, Milk</b>	<b>14</b> Chicken Nuggets BBQ Sauce Baked Beans Peas Boca Nuggets <b>Soy, Milk, Egg, Wheat</b> <b>None</b> <b>None</b> <b>None</b> <b>Soy, Wheat</b>	<b>15</b> Turkey Meatballs Bun Cheese Garden Salad Italian Dressing Oranges Meatless Meatballs <b>Soy, Wheat, Milk, Egg</b> *Green Beans <b>None</b>	<b>16</b> Chili Cornbread Mixed Vegetables Applesauce Vegetarian Chili <b>None</b> <b>Soy, Wheat, Milk</b> <b>None</b> <b>None</b> <b>None</b>	<b>17</b> Cheeseburger Mac** Breadstick Garden Salad* Ranch Dressing Peaches Cheesy Shells *Green Peas <b>Wheat, Milk</b> <b>Soy, Wheat</b> <b>None</b> <b>Soy, Milk, Egg</b> <b>None</b> <b>Wheat, Milk</b> <b>None</b>
<b>20</b> Chicken Bun Honey Mustard Diced Carrots Oranges Black Bean Sandwich <b>Soy, Wheat, Egg</b> <b>Soy, Wheat</b> <b>Soy, Egg</b> <b>None</b> <b>None</b> <b>Soy, Wheat, Milk</b>	<b>21</b> Soft Taco Cheddar Cheese Corn Tropical Fruit Bean and Cheese Burrito <b>Soy, Wheat</b> <b>Milk</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Soy</b>	<b>22</b> Chicken Alfredo** Mixed Vegetables Diced Pears Alfredo Pasta <b>Milk, Wheat</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Soy</b>	<b>23</b> Waffle Sticks Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage <b>Soy, Wheat, Milk, Egg</b> <b>None</b> <b>None</b> <b>None</b> <b>None</b> <b>Soy, Wheat, Milk, Egg</b>	<b>24</b> Cheese Pizza Baby Carrots Ranch Dip Pineapple *Diced Carrots <b>Soy, Wheat, Milk</b> <b>None</b> <b>Soy, Milk, Egg</b> <b>None</b> <b>None</b>
<b>27</b> Chicken and Dumplings Green Beans Peaches Veggie Sticks <b>Soy, Wheat, Egg, Milk</b> <b>None</b> <b>None</b> <b>Soy, Wheat, Milk, Egg</b>	<b>28</b> Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles Meatless Meatballs *Peas <b>Soy, Wheat, Milk, Egg</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>None</b> <b>Soy, Wheat, Milk, Egg</b> <b>None</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>V = Vegetarian Entrée Options</b> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>*2oz Steamed Vegetable Substitute for Toddler</b> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Milk Served with Lunch Daily</b> </div>		

**\*\* All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

