


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Dairy-Free Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken WITH: Green Peas Diced Pears	2 All American Hamburger WITH: Wheat Bun Ketchup Dairy Free Cheese Mashed Potatoes Mandarin Oranges	3 Whole Grain Chicken Strips WITH: House-made Honey Mustard Sauce Mixed Vegetables Diced Peaches	4 Pizza Day Hand Tossed Dairy-Free Cheese Pizza WITH: Diced Carrots Pineapple Tidbits
7 Chicken and Bowtie Pasta WITH: Green Peas Citrus Smiles	8 Crispy Chicken Sandwich WITH: Wheat Bun Honey Mustard Fresh Cut Green Beans Strawberry Applesauce	9 Twist & Shout Dairy-Free Mac 'n Cheese WITH: Whole Wheat Roll Vegetable Medley Diced Peaches	10 Oven Roasted Chicken WITH: Lemon Herb Rice Green Lima Beans Mandarin Oranges	11 Savory Turkey Meatballs IN: Marinara Sauce WITH: Spaghetti Golden Corn Diced Pears
14 Whole Grain Chicken Nuggets WITH: Barbeque Sauce Mashed Potatoes Diced Peaches	15 NEW! Teriyaki Chicken with Asian Style Noodles WITH: Vegetable Medley Mandarin Oranges	16 Picnic Style Chicken Salad Sandwich WITH: Green Peas Fresh Strawberries	17 American Hamburger Skillet WITH: Diced Carrots Diced Pears	18 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit
21 Dairy-Free Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken WITH: Green Beans Diced Peaches	22 Fiesta Chicken Soft Taco WITH: Dairy Free Cheese Sweet Yellow Corn Mandarin Oranges	23 Mama Mia Marinara Turkey Meatball Sub WITH: Dairy Free Cheese Vegetable Medley Diced Pears	24 Topsy Turvy Breakfast for Lunch!! Pancake Medallion WITH: Turkey Sausage Waffle Syrup Applesauce Banana Half	25 Dairy-Free Turkey Cheeseburger Mac WITH: Whole Wheat Roll Green Peas Applesauce Cup
28 BBQ Pulled Chicken Sandwich WITH: Wheat Bun Slow Cooked Baked Beans Fresh Sliced Apples *Applesauce	29 Spaghetti in a Savory Turkey Meat Sauce WITH: Dairy Free Cheese Soft Breadstick Fresh Cut Green Beans Diced Pears	30 Tex Mex Turkey Soft Taco WITH: Dairy Free Cheese Shredded Lettuce Golden Corn Pineapple Tidbits	31 Whole Grain Chicken Nuggets WITH: Whole Wheat Roll Diced Carrots Diced Peaches	 www.ChefAdvantage.com 770-421-9550

- No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes
- Locally sourced ingredients included whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo** Peas Diced Pears Soy, Wheat None None	2 Hamburger Bun Dairy Free Cheese Mashed Potatoes Oranges Soy Wheat None None Soy None	3 Chicken Strips Honey Mustard Mixed Vegetables Peaches Soy, Wheat, Egg Egg None None	4 Cheese Pizza Diced Carrots Pineapple Soy, Wheat None None
7 Bowtie Pasta Green Peas Oranges Soy, Wheat None None	8 Chicken Bun Honey Mustard Green Beans Strawberry Applesauce Soy, Wheat, Egg Wheat Egg None None	9 Pasta** Roll Mixed Vegetables Peaches Wheat, Soy Wheat None None	10 Roasted Chicken Lemon Rice Lima Beans Oranges Soy Soy None None	11 Spaghetti** Dairy Free Cheese Corn Pears Wheat None None None
14 Chicken Nuggets BBQ Sauce Mashed Potatoes Peaches Soy, Egg, Wheat None None Soy None	15 Teriyaki Chicken Mixed Vegetables Oranges Soy, Wheat None None	16 Chicken Salad Sandwich Green Peas Strawberries Wheat, Egg Wheat None None	17 Hamburger Skillet** Diced Carrots Diced Pears Wheat None None	23 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Wheat None Soy None None
21 Chicken Alfredo** Green Beans Peaches Soy, Wheat None None	22 Soft Taco Dairy Free Cheese Corn Oranges Wheat None None None	23 Turkey Meatballs Bun Dairy Free Cheese Mixed Vegetables Diced Pears Soy, Wheat, Egg Wheat None None None	24 Pancake Syrup Turkey Sausage Applesauce Banana Soy, Wheat, Egg None None None None	25 Cheeseburger Mac** Roll Green Peas Applesauce Wheat, Soy Wheat None None
28 Pulled Chicken Baked Beans Apples *Applesauce Wheat None None None	29 Spaghetti** Dairy Free Cheese Breadstick Green Beans Pears Wheat None Wheat None None	23 Soft Taco Dairy Free Cheese Lettuce Corn Pineapple Wheat None None None None	31 Chicken Nuggets Roll Carrots Peaches Wheat, Soy, Egg Wheat None None	

**** 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Green Peas Diced Pears	2 All American Hamburger OR: Gardenburger WITH: Wheat Bun Ketchup Sliced American Cheese Creamy Mashed Potatoes Mandarin Oranges	3 Whole Grain Chicken Strips OR: Spring Roll Sticks WITH: House-made Honey Mustard Sauce Mixed Vegetables Diced Peaches	4 Pizza Day Whole Wheat Cheese Pizza WITH: Baby Carrots with Ranch Dip Pineapple Tidbits *Diced Carrots
7 Chicken and Bowtie Butter Pasta OR: Roasted Veggie Sticks WITH: Fresh Broccoli with Ranch Dip Citrus Smiles *Green Peas	8 Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Wheat Bun Honey Mustard Fresh Cut Green Beans Strawberry Applesauce	9 Twist & Shout Mac 'n Cheese WITH: Whole Wheat Roll Vegetable Medley Diced Peaches	10 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Lemon Herb Rice Green Lima Beans Mandarin Oranges	11 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Garden Salad with Italian Dressing* Diced Pears *Golden Corn
14 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Barbeque Sauce Creamy Mashed Potatoes Diced Peaches	15 NEW! Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Vegetable Medley Mandarin Oranges	16 Picnic Style Chicken Salad Sandwich OR: Soybutter and Jelly EZ Jammers WITH: Baby Carrots with Ranch Dip Fresh Strawberries *Green Peas	17 American Hamburger Skillet OR: American Garden Skillet with Cheese WITH: Garden Salad with Ranch Dressing Diced Pears *Diced Carrots	18 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit
21 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Green Beans Diced Peaches	22 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Mandarin Oranges	23 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Vegetable Medley Diced Pears	24 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half	25 Turkey Cheeseburger Mac OR: Cheese Shell Pasta WITH: Whole Wheat Roll Green Peas Fruit Yogurt Cup
28 BBQ Pulled Chicken Sandwich OR: Black Bean Bites WITH: Wheat Bun Slow Cooked Baked Beans Fresh Sliced Apples *Applesauce	29 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Fresh Cut Green Beans Diced Pears	30 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Golden Corn Pineapple Tidbits	31 Under-the-sea-Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Whole Wheat Roll Diced Carrots Diced Peaches	 Chef Advantage www.ChefAdvantage.com 770-421-9550

V = Vegetarian Entrée Options

***2oz Steamed Vegetable Substitute for Toddler**

Milk Served with Lunch Daily

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo** Peas Diced Pears Alfredo Pasta Wheat, Milk, Soy None None None	2 Hamburger Bun Cheese Mashed Potatoes Oranges Gardenburger Soy, Wheat, Milk None None None	3 Chicken Strips Honey Mustard Mixed Vegetables Peaches Spring Roll Sticks Soy, Wheat, Milk, Egg None None None	4 Cheese Pizza Baby Carrots Ranch Dip Pineapple *Diced Carrots Soy, Wheat, Milk None Milk, Egg None None
7 Bowtie Pasta Broccoli Ranch Dip Oranges Roasted Veggie Sticks *Green Peas Soy, Wheat, Milk, Egg None None None	8 Chicken Bun Honey Mustard Green Beans Strawberry Applesauce Black Bean Sandwich Soy, Wheat, Egg Wheat Egg None None None Soy, Wheat, Milk	9 Pasta** Roll Mixed Vegetables Peaches Pasta** Wheat, Milk Wheat None None	10 Roasted Chicken Lemon Rice Lima Beans Oranges Eggplant w/ Cheese Soy, Wheat, Milk Soy Soy None None	11 Spaghetti** Mozzarella Cheese Garden Salad Italian Dressing Pears Spaghetti w/ Cheese *Corn Wheat Milk None Soy None None
14 Chicken Nuggets BBQ Sauce Mashed Potatoes Peaches Boca Nuggets Soy, Milk, Egg, Wheat None Soy None Soy, Wheat	15 Teriyaki Chicken Mixed Vegetables Oranges Vegetable Teriyaki Noodles Soy, Wheat Soy, Wheat None None	16 Chicken Salad Sandwich Baby Carrots Ranch Dip Strawberries EZ Jammers *Peas Wheat, Egg, Milk None Milk, Egg None Soy, Wheat, Milk None	17 Hamburger Skillet** Garden Salad Ranch Dressing Diced Pears Garden Skillet *Diced Carrots Wheat None Milk, Egg None Wheat, Milk None	23 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla Wheat, Milk, Soy Milk, Wheat None Milk None None
21 Chicken Alfredo** Green Beans Peaches Alfredo Pasta Milk, Wheat None None Wheat, Milk, Soy	22 Soft Taco Cheddar Cheese Corn Oranges Bean and Cheese Burrito Wheat Milk None None Wheat, Milk, Soy	23 Turkey Meatballs Bun Cheese Mixed Vegetables Diced Pears Meatless Meatball Sub Soy, Wheat, Milk, Egg Wheat Soy, Milk None None Wheat, Milk, Egg	24 French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage Soy, Wheat, Milk, Egg None None None None Soy, Wheat, Milk, Egg	25 Cheeseburger Mac** Roll Green Peas Yogurt Cup Cheesy Shells Wheat, Milk Wheat, Milk Wheat None Milk Wheat, Milk
28 Pulled Chicken Baked Beans Apples Black Bean Bites *Applesauce Wheat None None Soy, Wheat, Milk None	29 Spaghetti** Mozzarella Cheese Breadstick Green Beans Pears Spaghetti w/ Cheese Wheat Milk Wheat None None Milk, Wheat	23 Soft Taco Cheddar Cheese Lettuce Corn Pineapple Bean and Cheese Burrito Wheat Milk None None None Wheat, Milk, Soy	31 Fish Nuggets Tartar Sauce Roll Carrots Peaches Veggie Sticks Wheat, Fish, Milk Egg, Fish Wheat None None None Soy, Wheat, Milk, Egg	

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