

June 2018

Childcare

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b> <b>Pizza Day!</b> <b>Personal Cheese Pizza</b> <b>WITH:</b> Mixed Vegetables Mandarin Oranges</p>
<p><b>4</b> <b>BBQ Pulled Chicken Sandwich</b> <b>OR: Black Bean Bites</b> <b>with:</b> Wheat Bun Slow Cooked Baked Beans Fruit Yogurt Cup</p>	<p><b>5</b> <b>Twist &amp; Shout Mac 'n Cheese</b> <b>WITH:</b> Soft Breadstick Vegetable Medley Strawberries</p>	<p><b>6</b> <b>Whole Grain Chicken Strips</b> <b>OR: Boca Nuggets</b> <b>WITH:</b> House-made Vegetable Medley Honey Mustard Sauce Baby Carrots with Ranch Dip* Applesauce  <b>*Diced Carrots</b></p>	<p><b>7</b> <b>Chicken Quesadilla</b> featuring Local Springer Mountain All Natural Chicken <b>OR: Bean and Cheese Quesadilla</b> <b>WITH:</b> Freshly Made Mild Salsa Mexicali Rice Steamed Corn Diced Pears</p>	<p><b>8</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* Diced Peaches  <b>*Green Peas</b></p>
<p><b>11</b> <b>Turkey Cheeseburger Mac</b> <b>OR: Cheesy Shell Pasta</b> <b>with:</b> Whole Wheat Roll Green Peas Strawberry Applesauce</p>	<p><b>12</b> <b>Fiesta Chicken Soft Taco</b> <b>OR: Bean and Cheese Burrito</b> <b>WITH:</b> Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit</p>	<p><b>13</b> <b>Spaghetti in a Savory Turkey Meat Sauce</b> <b>OR: Spaghetti with Garden Vegetables in Herb Sauce</b> <b>WITH:</b> Mozzarella Cheese Shreds Soft Breadstick Green Beans Banana Half</p>	<p><b>14</b> <b>Whole Grain Crispy Chicken Sandwich</b> <b>OR: Black Bean Sandwich</b> <b>WITH:</b> Barbeque Sauce Slow Cooked Baked Beans <b>It's Back!</b> Fresh Diced Melon Medley</p>	<p><b>15</b> <b>Oven Roasted Chicken</b> <b>OR: Eggplant with Cheese</b> <b>WITH:</b> Lemon Herb Brown Rice Diced Carrots Pineapple Tidbits</p>
<p><b>18</b> <b>Beefy Macaroni Skillet</b> <b>OR: American Garden Skillet with Cheese</b> <b>WITH:</b> Green Beans Diced Pears</p>	<p><b>19</b> <b>Grilled Chicken Sandwich</b> <b>OR: Black Bean Sandwich</b> <b>WITH:</b> House-Made Southwest Ranch Diced Carrots Mandarin Oranges</p>	<p><b>20</b> <b>Whole Grain Chicken Nuggets</b> <b>OR: Boca Nuggets</b> <b>with:</b> House-made Honey Mustard Mixed Vegetables Fresh Sliced Apples*  <b>*Applesauce</b></p>	<p><b>21</b> <b>All American Hamburger</b> <b>OR: Gardenburger</b> <b>WITH:</b> Wheat Bun Ketchup Sliced American Cheese Mashed Potatoes Strawberries</p>	<p><b>22</b> <b>Teriyaki Chicken with Asian Style Noodles</b> <b>OR: Vegetable Teriyaki Noodles</b> <b>WITH:</b> Green Peas Diced Peaches and Pears</p>
<p><b>25</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 Cinnamon Applesauce</p>	<p><b>26</b> <b>Mama Mia Marinara Turkey Meatball Sub</b> <b>OR: Meatless Meatball Sub</b> <b>WITH:</b> Sliced Cheese Garden Salad with Ranch Dressing* Banana Half  <b>*Diced Carrots</b></p>	<p><b>27</b> <b>Tex Mex Turkey Soft Taco</b> <b>OR: Bean and Cheese Burrito</b> <b>WITH:</b> Cheddar Cheese Shredded Lettuce Steamed Corn Vanilla Diced Pears</p>	<p><b>28</b> <b>Pizza Day!</b> <b>Personal Cheese Pizza</b> <b>WITH:</b> Baby Carrots with Ranch Dip Strawberry Applesauce  <b>*Green Peas</b></p>	<p><b>29</b> <b>Chicken and Bowtie Pasta</b> featuring Local Springer Mountain All Natural Chicken <b>OR: Roasted Veggie Sticks</b> <b>WITH:</b> Green Beans Diced Peaches</p>

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

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

\*Steamed Vegetable Substitute for Toddler

June 2018		Childcare			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday	
					<b>1</b> Pizza <b>Soy, Wheat, Milk</b> Mixed Vegetables <b>None</b> Oranges <b>None</b>
<b>4</b> Pulled Chicken <b>Wheat</b> Baked Beans <b>None</b> Yogurt <b>Milk</b>  Black Bean Bites <b>Soy, Wheat, Milk</b>	<b>5</b> Pasta** <b>Wheat, Milk</b> Breadstick <b>Wheat</b> Mixed Vegetables <b>None</b> Strawberries <b>None</b>	<b>6</b> Chicken Strips <b>Soy, Wheat, Egg, Milk</b> Honey Mustard <b>Egg</b> Carrots <b>None</b> Ranch Dip <b>Milk, Egg</b> Applesauce <b>None</b>  Boca Nuggets <b>*Diced Carrots Soy, Wheat None</b>	<b>7</b> Chicken Quesadilla <b>Milk, Wheat</b> Salsa <b>None</b> Rice <b>Milk</b> Corn <b>None</b> Diced Pears <b>None</b>  Bean & Cheese Quesadilla <b>Wheat, Milk, Soy</b>	<b>8</b> Turkey Meatballs <b>Soy, Wheat, Milk, Egg</b> Spaghetti <b>Soy, Wheat</b> Garden Salad <b>None</b> Italian Dressing <b>None</b> Diced Peaches <b>None</b>  Meatless Meatballs <b>Wheat, Milk, Egg</b> <b>*Peas None</b>	
<b>11</b> Cheeseburger Mac** <b>Wheat, Milk</b> Roll <b>Wheat</b> Green Peas <b>None</b> Applesauce <b>None</b>  Cheesy Shells <b>Wheat, Milk</b>	<b>12</b> Soft Taco <b>Wheat</b> Cheddar Cheese <b>Milk</b> Corn <b>None</b> Tropical Fruit <b>None</b>  Bean and Cheese Burrito <b>Wheat, Milk, Soy</b>	<b>13</b> Spaghetti** <b>Wheat</b> Mozzarella Cheese <b>Milk</b> Breadstick <b>Wheat</b> Green Beans <b>None</b> Banana <b>None</b>  Spaghetti w/ Cheese <b>Milk, Wheat</b>	<b>14</b> Chicken <b>Soy, Wheat, Egg</b> Bun <b>Wheat</b> BBQ Sauce <b>None</b> Baked Beans <b>None</b> Melon <b>None</b>  Black Bean Sandwich <b>Soy, Wheat, Milk</b>	<b>15</b> Roasted Chicken <b>Soy</b> Lemon Rice <b>Soy</b> Carrots <b>None</b> Pineapple <b>None</b>  Eggplant w/ Cheese <b>Soy, Wheat, Milk</b>	
<b>18</b> Beefy Macaroni Skillet** <b>Wheat</b> Green Beans <b>None</b> Diced Pears <b>None</b> Garden Skillet <b>Wheat, Milk</b>	<b>19</b> Grilled Chicken <b>Soy</b> Bun <b>Wheat</b> Southwest Ranch <b>Milk, Egg</b> Carrots <b>None</b> Oranges <b>None</b>  Black Bean Sandwich <b>Soy, Wheat, Milk</b>	<b>20</b> Chicken Nuggets <b>Soy, Milk, Egg, Wheat</b> Honey Mustard <b>Egg</b> Mixed Vegetables <b>None</b> Apples <b>None</b>  Boca Nuggets <b>*Applesauce Soy, Wheat None</b>	<b>21</b> Hamburger <b>None</b> Bun <b>Wheat</b> Cheese <b>Soy, Milk</b> Mashed Potatoes <b>Soy</b> Strawberries <b>None</b>  Gardenburger <b>Soy, Wheat, Milk</b>	<b>22</b> Teriyaki Chicken <b>Soy, Wheat</b> Green Peas <b>None</b> Peaches & Pears <b>None</b>  Vegetable Teriyaki Noodles <b>Soy, Wheat</b>	
<b>25</b> Chicken Alfredo** <b>Milk, Wheat</b> Mixed Vegetables <b>None</b> Applesauce <b>None</b>  Alfredo Pasta <b>Wheat, Milk, Soy</b>	<b>26</b> Turkey Meatballs <b>Soy, Wheat, Milk, Egg</b> Bun <b>Wheat</b> Cheese <b>Soy, Milk</b> Garden Salad <b>None</b> Ranch Dressing <b>Milk, Egg</b> Banana <b>None</b>  Meatless Meatball Sub <b>Wheat, Milk, Egg</b> <b>*Diced Carrots None</b>	<b>27</b> Soft Taco <b>Wheat</b> Cheddar Cheese <b>Milk</b> Lettuce <b>None</b> Corn <b>None</b> Diced Pears <b>None</b>  Bean and Cheese Burrito <b>Wheat, Milk, Soy</b>	<b>28</b> Pizza <b>Soy, Wheat, Milk</b> Carrots <b>None</b> Ranch Dip <b>Milk, Egg</b> Applesauce <b>None</b>  <b>*Peas None</b>	<b>29</b> Bowtie Pasta <b>Soy, Wheat</b> Green Beans <b>None</b> Diced Peaches <b>None</b>  Roasted Veggie Sticks <b>Soy, Wheat, Milk, Egg</b>	

**\*\*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.