

Monday	Tuesday	Wednesday	Thursday	Friday
				
			<p>2 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Diced Peaches</p>	<p>3 Under-the-sea-Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Green Beans Vanilla Pears</p>
<p>6 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit</p>	<p>7 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Garden Salad with Italian Dressing* Diced Pears *Vegetable Medley</p>	<p>8 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-Made Barbeque Sauce Baked Beans Mandarin Oranges</p>	<p>9 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half</p>	<p>10 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun House-Made Honey Mustard Green Beans Diced Peaches</p>
<p>13 Cheese Pizza Dippers WITH: Marinara Sauce Vegetable Medley Yogurt Cup</p>	<p>14 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Cinnamon Applesauce</p>	<p>15 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Diced Carrots Diced Pineapple</p>	<p>16 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Tofu Bowtie Pasta WITH: Green Peas Diced Peaches</p>	<p>17 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Italian Dressing* Orange Wedges *Green Beans</p>
<p>20 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Green Beans Diced Peaches and Pears</p>	<p>21 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Southwest Ranch Green Peas Fresh Apple Slices* *Applesauce</p>	<p>22 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</p>	<p>23 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Vanilla Pears</p>	<p>24 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Baby Carrots with Ranch Dressing* Applesauce *Diced Carrots</p>
<p>27 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Yogurt Cup</p>	<p>28 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple</p>	<p>29 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Beans Mandarin Oranges</p>	<p>30 Twist & Shout Mac 'n Cheese WITH: Garden Salad with Italian Dressing* Diced Peaches *Steamed Peas</p>	<p>31 Cheese Pizza Dippers WITH: Marinara Sauce Diced Carrots Diced Pears</p>

ChefAdvantage is committed to Healthy, Nutritious and Delicious Meals.

Locally sourced ingredients included whenever possible.

No High Fructose Corn Syrup, Trans Fats, Artificial Sweeteners, or MSG are used in our recipes.

770-421-9550

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V = Vegetarian

Milk Served with Lunch Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>2 Chicken Alfredo** Mixed Vegetables Peaches</p> <p>Milk, Wheat, None, None</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>	<p>3 Fish Nuggets Tartar Sauce Green Beans Diced Pears</p> <p>Wheat, Fish Egg, Fish None, None</p> <p>Veggie Sticks Wheat, Milk, Soy, Egg</p>
<p>6 Soft Taco Cheddar Cheese Lettuce Corn Tropical Fruit</p> <p>Wheat, Milk, None, None, None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>7 Spaghetti** Mozzarella Cheese Garden Salad Italian Dressing Diced Pears</p> <p>Wheat, Milk, None, None, None</p> <p>Spaghetti w/ Cheese Milk, Wheat *Vegetable Medley None</p>	<p>8 Chicken Nuggets Baked Beans Oranges</p> <p>Soy, Milk, Wheat, None, None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>9 French Toast Syrup Turkey Sausage Applesauce Banana</p> <p>Soy, Wheat, None, None, None</p> <p>Vegetarian Sausage Soy, Wheat, Milk, Egg</p>	<p>10 Chicken Bun Honey Mustard Green Beans Peaches</p> <p>Soy, Wheat, Wheat, Egg, None, None</p> <p>Black Bean Sandwich Soy, Wheat, Milk</p>
<p>13 Pizza Dippers Vegetable Medley Yogurt Cup</p> <p>Soy, Wheat, Milk, Egg, None, Milk</p>	<p>14 Beefy Macaroni Skillet** Breadstick Green Beans Applesauce Garden Skillet</p> <p>Wheat, Wheat, None, None, Wheat, Milk</p>	<p>15 Turkey Meatballs Bun Cheese Carrots Pineapple</p> <p>Soy, Wheat, Milk, Egg, Wheat, Soy, Milk, None, None</p> <p>Meatless Meatball Sub Wheat, Milk, Egg</p>	<p>16 Bowtie Pasta Green Peas Peaches</p> <p>Soy, Wheat, None, None</p> <p>Tofu Bowtie Pasta Soy, Wheat</p>	<p>17 Pizza Garden Salad Italian Dressing Orange</p> <p>Soy, Wheat, Milk, None, None, None, *Green Beans, None</p>
<p>20 Cheeseburger Mac** Green Beans Peaches & Pears</p> <p>Wheat, Milk, None, None</p> <p>Cheesy Shells Wheat, Milk</p>	<p>21 Grilled Chicken Bun Southwest Ranch Green Peas Apples</p> <p>None, Wheat, Milk, Egg, None, None</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk *Applesauce None</p>	<p>22 Chicken Quesadilla Salsa Rice Corn Tropical Fruit</p> <p>Milk, Wheat, None, Milk, None, None</p> <p>Bean & Cheese Quesadilla Wheat, Milk, Soy</p>	<p>23 Hamburger Bun Cheese Mashed Potatoes Diced Pears</p> <p>Soy, Wheat, Soy, Milk, Soy, None</p> <p>Gardenburger Soy, Wheat, Milk</p>	<p>24 Turkey Meatballs Spaghetti Baby Carrots Ranch Applesauce</p> <p>Soy, Wheat, Milk, Egg, Soy, Wheat, None, Milk, Egg, None</p> <p>Meatless Meatballs Wheat, Milk, Egg *Diced Carrots None</p>
<p>27 Chicken Alfredo** Vegetable Medley Yogurt</p> <p>Milk, Wheat, None, Milk</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>	<p>28 Soft Taco Cheddar Cheese Lettuce Corn Pineapple</p> <p>Wheat, Milk, None, None, None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>29 Teriyaki Chicken Green Bean Oranges</p> <p>Soy, Wheat, None, None</p> <p>Vegetable Teriyaki Noodles Soy, Wheat</p>	<p>30 Pasta** Garden Salad Italian Dressing Peaches</p> <p>Wheat, Milk, None, None, None *Steamed Peas None</p>	<p>31 Pizza Dippers Carrots Diced Pears</p> <p>Soy, Wheat, Milk, Egg, None, None</p>

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

This list is comprised of the most common allergens we chart, including egg, soy, 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.

The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.