

Monday	Tuesday	Wednesday	Thursday	Friday
3 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Diced Pears	4 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun BBQ Sauce Green Peas Banana Half	5 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Fresh Sliced Apples* *Applesauce	6 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Fruit Yogurt Cup	7 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Honey Mustard Diced Carrots Mandarin Oranges
10 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Garden Salad with Italian Dressing* Diced Pears *Diced Carrots	11 Turkey Gumbo OR: Tofu Gumbo WITH: Cornbread Mixed Vegetables Diced Peaches	12 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Soft Breadstick Steamed Green Beans Diced Pineapple	13 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half	14 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Italian Dressing* Vanilla Pears *Green Peas
17 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito Shredded Cheddar Cheese Sweet Yellow Corn Diced Peaches	18 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Fruit Yogurt Cup	19 Twist & Shout Mac 'n Cheese WITH: Soft Breadstick Green Peas Mandarin Oranges	20 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Mixed Vegetables Fresh Sliced Apples* *Applesauce	21 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Whole Wheat Roll Green Beans Diced Pineapple
		26 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-made Honey Mustard Mashed Potatoes Orange Wedges	27 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	28 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Diced Pears
		31 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Beans Diced Pineapple		

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

www.ChefAdvantage.com

V = Vegetarian

Milk Served with Lunch Daily

*2oz Steamed Vegetable Substitute for Toddler

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Chicken Alfredo** Mixed Vegetables Diced Pears Alfredo Pasta Milk, Wheat None None Wheat, Milk, Soy	4 Chicken Bun BBQ Sauce Green Peas Banana Black Bean Sandwich Soy, Wheat Wheat None None None Soy, Wheat, Milk	5 Soft Taco Cheddar Cheese Lettuce Corn Apples Bean and Cheese Burrito Wheat Milk None None None None Wheat, Milk, Soy	6 Beefy Macaroni Skillet** Breadstick Green Beans Yogurt Garden Skillet Wheat Wheat None Milk Wheat, Milk	7 Chicken Nuggets Honey Mustard Diced Carrots Oranges Boca Nuggets Soy, Milk, Wheat Egg None None Soy, Wheat	
10 Turkey Meatballs Bun Cheese Garden Salad Italian Dressing Diced Pears Meatless Meatball Sub Soy, Wheat, Milk, Egg Wheat Soy, Milk None None None None Wheat, Milk, Egg *Diced Carrots None	11 Turkey Gumbo Cornbread Mixed Vegetables Applesauce Tofu Gumbo Soy Wheat, Soy, Egg, Milk None None None Soy	12 Cheeseburger Mac** Breadstick Green Beans Pineapple Cheesy Shells Wheat, Milk Wheat Wheat None None Wheat, Milk	13 French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage Soy, Wheat, Milk, Egg None None None None Soy, Wheat, Milk, Egg	14 Pizza Garden Salad Italian Dressing Diced Pears *Peas Soy, Wheat, Milk None None None None None	
17 Soft Taco Cheddar Cheese Corn Peaches Bean and Cheese Burrito Wheat Milk None None Wheat, Milk, Soy	18 Hamburger Bun Cheese Mashed Potatoes Yogurt Gardenburger None Wheat Soy, Milk Soy Milk Soy, Wheat, Milk	19 Pasta** Breadstick Green Peas Oranges *Applesauce Wheat, Milk Wheat None None None	20 Turkey Meatballs Spaghetti Mixed Vegetables Apples Meatless Meatballs *Applesauce Soy, Wheat, Milk, Egg Soy, Wheat None None None Wheat, Milk, Egg None	21 Roasted Chicken Roll Green Beans Pineapple Eggplant w/ Cheese Soy Wheat None None Soy, Wheat, Milk	
		26 Chicken Nuggets Honey Mustard Mashed Potatoes Oranges Boca Nuggets Soy, Milk, Wheat Egg Soy None Soy, Wheat	27 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla Milk, Wheat None Milk None None Wheat, Milk, Soy	28 Teriyaki Chicken Green Peas Diced Pears Vegetable Teriyaki Noodles Soy, Wheat None None Soy, Wheat	
31 Spaghetti** Mozzarella Cheese Breadstick Green Beans Pineapple Spaghetti w/ Cheese Wheat Milk Wheat None None Milk, Wheat					

****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.