

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>2 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Fruit Yogurt Cup</p>	<p>3 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Honey Mustard Diced Carrots Mandarin Oranges</p>	<p>4 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Diced Pears</p>
<p>7 BBQ Pulled Chicken Sandwich OR: Black Bean Bites with: Wheat Bun Slow Cooked Baked Beans Diced Pineapple</p>	<p>8 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Baby Carrots with Ranch Dressing* Diced Peaches *Diced Carrots</p>	<p>9 Turkey Gumbo OR: Tofu Gumbo WITH: Cornbread Mixed Vegetables Fresh Sliced Apples* *Applesauce</p>	<p>10 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half</p>	<p>11 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Italian Dressing* Vanilla Pears *Green Peas</p>
<p>14 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Fruit Yogurt Cup</p>	<p>15 Twist & Shout Mac 'n Cheese WITH: Soft Breadstick Green Peas Mandarin Oranges</p>	<p>16 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito Shredded Cheddar Cheese Sweet Yellow Corn Diced Peaches</p>	<p>17 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Diced Pears</p>	<p>18 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Whole Wheat Roll Green Beans Diced Pineapple</p>
<p>21 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Mixed Vegetables Diced Pineapple</p>	<p>22 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Soft Breadstick Steamed Green Beans Banana Half</p>	<p>23 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-made Honey Mustard Mashed Potatoes Orange Wedges</p>	<p>24 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Roasted Veggie Sticks WITH: Diced Carrots Diced Peaches</p>	<p>25 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>28 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</p>	<p>29 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-Made Southwest Ranch Baked Beans Fruit Yogurt Cup</p>	<p>30 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Fresh Sliced Apples* *Applesauce</p>	<p>31 NEW! Cheese Pizza Dippers WITH: Marinara Sauce Garden Salad with Italian Dressing* Vanilla Pears *Green Peas</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

www.ChefAdvantage.com

V = Vegetarian

Milk Served with Lunch Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Beefy Macaroni Skillet** Breadstick Green Beans Yogurt Garden Skillet Wheat, Milk Wheat Wheat None Milk	3 Chicken Nuggets Honey Mustard Diced Carrots Oranges Boca Nuggets Soy, Milk, Wheat Egg None None None Soy, Wheat	4 Chicken Alfredo** Mixed Vegetables Diced Pears Alfredo Pasta Milk, Wheat None None Wheat, Milk, Soy
		7 Pulled Chicken Baked Beans Pineapple Black Bean Bites Wheat None None Soy, Wheat, Milk	8 Turkey Meatballs Bun Cheese Baby Carrots Ranch Dressing Diced Peaches Meatless Meatball Sub *Diced Carrots Soy, Wheat, Milk, Egg Wheat Soy, Milk None None None Wheat, Milk, Egg None	9 Turkey Gumbo Cornbread Mixed Vegetables Apples Tofu Gumbo *Applesauce Soy None Egg, Milk None None Soy None
14 Hamburger Bun Cheese Mashed Potatoes Yogurt Gardenburger None Wheat Soy, Milk Soy Milk Soy, Wheat, Milk	15 Pasta** Breadstick Green Peas Oranges Wheat, Milk Wheat None None	16 Soft Taco Cheddar Cheese Corn Peaches Bean and Cheese Burrito Wheat, Milk, Soy Wheat Milk None None	17 Teriyaki Chicken Green Peas Diced Pears Vegetable Teriyaki Noodles Soy, Wheat None None Soy, Wheat	18 Roasted Chicken Roll Green Beans Pineapple Eggplant w/ Cheese Soy, Wheat, Milk Soy Wheat None None
21 Turkey Meatballs Spaghetti Mixed Vegetables Pineapple Meatless Meatballs Soy, Wheat, Milk, Egg Soy, Wheat None None Wheat, Milk, Egg	22 Cheeseburger Mac** Breadstick Green Beans Banana Cheesy Shells Wheat, Milk Wheat Milk None None Wheat, Milk	23 Chicken Nuggets Honey Mustard Mashed Potatoes Oranges Boca Nuggets Soy, Milk, Wheat Egg Soy None None Soy, Wheat	24 Bowtie Pasta Diced Carrots Peaches Roasted Veggie Sticks Soy, Wheat, Milk, Egg Soy, Wheat None None	25 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla Milk, Wheat None Milk None None Wheat, Milk, Soy
28 Spaghetti** Mozzarella Cheese Breadstick Green Beans Pineapple Spaghetti w/ Cheese Wheat Milk Wheat None None None Milk, Wheat	29 Chicken Bun Baked Beans Yogurt Black Bean Sandwich Soy, Wheat, Milk Soy, Wheat Wheat None Milk None	30 Soft Taco Cheddar Cheese Lettuce Corn Apples *Applesauce Bean and Cheese Burrito Wheat, Milk, Soy Wheat Milk None None None None	31 Pizza Dippers Garden Salad Italian Dressing Diced Pears Soy, Wheat, Milk, Egg None 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 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.