

Monday Tuesday Wednesday Thursday Friday



V = Vegetarian Entrée Options

Milk Served with Lunch Daily

\*Steamed Vegetable Substitute for Toddler

|  |  |   |  |   |
|--|--|---|--|---|
| <p><b>1</b><br/><b>Creamy Chicken Alfredo Pasta</b><br/>featuring Local Springer Mountain All Natural Chicken<br/><b>OR: Creamy Alfredo Pasta</b><br/><b>WITH:</b> Green Peas Applesauce</p>         | <p><b>2</b><br/><b>Tex Mex Turkey Soft Taco</b><br/><b>OR: Bean and Cheese Burrito</b><br/><b>WITH:</b> Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple</p> | <p><b>3</b><br/><b>Twist &amp; Shout Mac 'n Cheese</b><br/><b>WITH:</b> Steamed Peas Diced Pears</p>  | <p><b>4</b><br/><b>Cheese Pizza Dippers</b><br/><b>WITH:</b> Marinara Sauce Mixed Vegetables Fruit Yogurt</p>  | <p><b>5</b><br/><b>Teriyaki Chicken with Asian Style Noodles</b><br/><b>OR: Vegetable Teriyaki Noodles</b><br/><b>WITH:</b> Green Beans Diced Peaches</p>   |
| <p><b>8</b><br/><b>Cheesy Ziti Pasta</b><br/><b>WITH:</b> Shredded Cheese Green Peas Diced Pears</p>   | <p><b>9</b><br/><b>Personal Cheese Pizza</b><br/><b>WITH:</b> Garden Salad with Ranch Dressing* Diced Pineapple<br/><b>*Mixed Vegetables</b></p>                         | <p><b>10</b><br/><b>Creamy Parmesan Chicken and Rice</b><br/><b>OR: Creamy Parmesan Rice</b><br/>Diced Carrots Fresh Apple Wedges*<br/><b>*Applesauce</b></p>   | <p><b>11</b><br/><b>Whole Grain Popcorn Chicken</b><br/><b>OR: Boca Nuggets</b><br/><b>WITH:</b> Honey Mustard Steamed Corn Diced Peaches</p>  | <p><b>12</b><br/><b>Topsy Turvy Breakfast for Lunch!!</b><br/><b>Whole Grain French Toast Sticks</b><br/><b>WITH: Turkey Sausage</b><br/><b>OR: Vegetarian Sausage</b><br/>Waffle Syrup Applesauce Fruit Yogurt Cup</p> |
| <p><b>15</b><br/><b>Creamy Chicken Bowtie Pasta</b><br/>featuring Local Springer Mountain All Natural Chicken<br/><b>OR: Bowtie Pasta with Edamame</b><br/><b>WITH:</b> Green Peas Diced Peaches</p> | <p><b>16</b><br/><b>Fiesta Chicken Taco</b><br/><b>OR: Bean and Cheese Burrito</b><br/><b>WITH:</b> Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pears</p>         | <p><b>17</b><br/><b>Breaded Chicken Sandwich</b><br/><b>OR: Gardenburger</b><br/><b>WITH:</b> Soft Bun Honey Mustard Baked Beans Mandarin Oranges</p>   | <p><b>18</b><br/><b>Teriyaki Chicken with Asian Style Noodles</b><br/><b>OR: Vegetable Teriyaki Noodles</b><br/><b>WITH:</b> Green Beans Applesauce</p>  | <p><b>19</b><br/><b>Chicken Quesadilla</b><br/>featuring Local Springer Mountain All Natural Chicken<br/><b>OR: Bean and Cheese Quesadilla</b><br/><b>WITH:</b> Mixed Vegetables Diced Pineapple</p>                    |
| <p><b>22</b><br/><b>Turkey Ziti</b><br/><b>OR: Vegetarian Ziti</b><br/><b>WITH:</b> Shredded Cheese Green Beans Diced Peaches</p>  | <p><b>23</b><br/><b>Chicken Nuggets</b><br/><b>OR: Boca Nuggets</b><br/><b>WITH:</b> Homemade Ranch Steamed Corn Diced Pineapple</p>                                     | <p><b>24</b><br/><b>All American Hamburger</b><br/><b>OR: Gardenburger</b><br/><b>WITH:</b> Soft Bun Ketchup Sliced American Cheese Mashed Potatoes Mandarin Oranges</p>  | <p><b>25</b><br/><b>Luca's Nut-Free Chicken Trenette al Pesto</b><br/><b>OR: Vegetarian Trenette al Pesto</b><br/><b>WITH:</b> Mixed Vegetables Fresh Apple Wedges*<br/><b>*Applesauce</b></p> | <p><b>26</b><br/><b>Under-the-Sea Fish Sandwich</b><br/><b>OR: Black Bean Burger</b><br/><b>WITH:</b> Homemade Tartar Sauce Diced Carrots Diced Pears</p>   |
| <p><b>29</b><br/><b>Creamy Parmesan Chicken and Rice</b><br/><b>OR: Creamy Parmesan Rice</b><br/>Mixed Vegetables Diced Peaches</p>  | <p><b>30</b><br/><b>Homestyle Turkey Chili</b><br/><b>OR: Vegetarian Chili</b><br/><b>WITH:</b> Fresh Baked Roll Green Beans Mandarin Oranges</p>                        | <p>We are committed to Healthy, Nutritious &amp; Delicious Meals.<br/>Locally sourced ingredients included whenever possible.<br/>No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.<br/><b>770-421-9550</b> <a href="http://www.ChefAdvantage.com">www.ChefAdvantage.com</a></p> |  |   |

Monday Tuesday Wednesday Thursday Friday

**\*\*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.

|  |  |   |  |   |
|--|--|---|--|---|
| <p><b>1</b><br/>Chicken Alfredo**<br/>Green Peas<br/>Applesauce<br/>Alfredo Pasta</p> <p><b>Milk, Wheat</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Milk</b></p>                    | <p><b>2</b><br/>Soft Taco<br/>Cheddar Cheese<br/>Lettuce<br/>Corn<br/>Pineapple</p> <p><b>Wheat</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b></p> <p><b>Bean and Cheese Burrito</b><br/><b>Wheat, Milk</b></p> | <p><b>3</b><br/>Pasta**<br/>Peas<br/>Pears</p> <p><b>Wheat, Milk</b><br/><b>None</b><br/><b>None</b></p>  | <p><b>4</b><br/>Pizza Dippers<br/>Mixed Veg<br/>Yogurt</p> <p><b>Soy, Wheat, Milk, Egg</b><br/><b>None</b><br/><b>Milk</b></p>   | <p><b>5</b><br/>Teriyaki Chicken**<br/>Green Beans<br/>Peaches<br/>Teriyaki Chicken</p> <p><b>Soy, Wheat</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Soy</b></p>   |
| <p><b>8</b><br/>Ziti**<br/>Mozzarella Cheese<br/>Green Peas<br/>Pears</p> <p><b>Wheat, Milk</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b></p>  | <p><b>9</b><br/>Cheese Pizza<br/>Garden Salad<br/>Ranch Dressing<br/>Pineapple<br/>*Mixed Veg</p> <p><b>Milk, Wheat, Soy</b><br/><b>None</b><br/><b>Milk, Egg</b><br/><b>None</b><br/><b>None</b></p>                                | <p><b>10</b><br/>Parmesan Rice<br/>Carrots<br/>Apples<br/>Parmesan Rice<br/>*Applesauce</p> <p><b>Milk</b><br/><b>None</b><br/><b>None</b></p> <p><b>Milk</b><br/><b>None</b></p>   | <p><b>11</b><br/>Popcorn Chicken<br/>Honey Mustard<br/>Corn<br/>Peaches<br/>Boca Nuggets</p> <p><b>Soy, Wheat</b><br/><b>Egg, Soy</b><br/><b>None</b><br/><b>None</b></p> <p><b>Soy, Wheat</b></p> | <p><b>12</b><br/>French Toast<br/>Syrup<br/>Turkey Sausage<br/>Applesauce<br/>Yogurt<br/>Vegetarian Sausage</p> <p><b>Soy, Wheat, Egg, Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Milk</b></p> <p><b>Soy, Wheat, Milk, Egg</b></p> |
| <p><b>15</b><br/>Bowtie Pasta**<br/>Green Peas<br/>Peaches<br/>Bowtie Pasta</p> <p><b>Soy, Wheat, Milk</b><br/><b>None</b><br/><b>None</b></p> <p><b>Soy, Wheat</b></p>                      | <p><b>16</b><br/>Soft Taco<br/>Cheddar Cheese<br/>Lettuce<br/>Corn<br/>Pears<br/>Bean and Cheese Burrito</p> <p><b>Wheat</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Milk</b></p>           | <p><b>17</b><br/>Chicken Sandwich<br/>Bun<br/>Cheese<br/>Honey Mustard<br/>Baked Beans<br/>Oranges<br/>Gardenburger</p> <p><b>Wheat, Soy</b><br/><b>Wheat</b><br/><b>Soy, Milk</b><br/><b>Egg, Soy</b><br/><b>None</b><br/><b>None</b></p> <p><b>Soy, Wheat, Milk</b></p> | <p><b>18</b><br/>Teriyaki Chicken**<br/>Green Beans<br/>Applesauce<br/>Teriyaki Chicken</p> <p><b>Soy, Wheat</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Soy</b></p>                      | <p><b>19</b><br/>Chicken Quesadilla<br/>Mixed Vegetables<br/>Pineapple<br/>Bean &amp; Cheese Quesadilla</p> <p><b>Milk, Wheat</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Milk</b></p>   |
| <p><b>22</b><br/>Ziti**<br/>Mozzarella Cheese<br/>Green Beans<br/>Peaches<br/>Ziti**</p> <p><b>Wheat, Milk</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Milk</b></p> | <p><b>23</b><br/>Chicken Nuggets<br/>Corn<br/>Pineapple<br/>Boca Nuggets</p> <p><b>Soy, Wheat, Milk</b><br/><b>None</b><br/><b>None</b></p> <p><b>Soy, Wheat</b></p>   | <p><b>24</b><br/>Hamburger<br/>Bun<br/>Cheese<br/>Mashed Potato<br/>Oranges<br/>Gardenburger</p> <p><b>Soy</b><br/><b>Wheat</b><br/><b>Soy, Milk</b><br/><b>Soy, Milk</b><br/><b>None</b></p> <p><b>Soy, Wheat, Milk</b></p>  | <p><b>25</b><br/>Luca's Pasta**<br/>Mixed Veg<br/>Apples<br/>Vegetarian Pasta</p> <p><b>Wheat, Milk, Soy</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Milk, Soy</b></p>                    | <p><b>26</b><br/>Fish<br/>Tartar Sauce<br/>Carrots<br/>Pears<br/>Black Bean Sandwich</p> <p><b>Wheat, Fish, Milk</b><br/><b>Egg, Fish</b><br/><b>None</b><br/><b>None</b></p> <p><b>Wheat, Soy</b></p>  |
| <p><b>29</b><br/>Parmesan Rice<br/>Mixed Veg<br/>Peaches<br/>Parmesan Rice</p> <p><b>Milk</b><br/><b>None</b><br/><b>None</b></p> <p><b>Milk</b></p>   | <p><b>30</b><br/>Chili<br/>Roll<br/>Green Beans<br/>Oranges<br/>Vegetarian Chili</p> <p><b>None</b><br/><b>Soy, Wheat</b><br/><b>None</b><br/><b>None</b></p> <p><b>None</b></p>   |   |  |   |