

April 2024

Tate's School Farm

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Tenders OR: Cauliflower Bites WITH: Honey Mustard Roasted Potatoes Fresh Whole Fruit</p>	<p>2 Cheesy Baked Ziti WITH: Marinara Sauce Texas Toast Glazed Carrots Mixed Fruit</p>	<p>3 Chicken stir fry OR: Vegetarian Stir fry WITH: Jasmine Rice Apple Slices</p>	<p>4 Honey Glazed Ham OR: Roasted Sweet Potato WITH: Garlic Mashed Yukon Potatoes Bakery Fresh Rolls Brussel Sprouts</p>	<p>5 Pita With hummus and Tzatziki sauce Mashed cauliflower Orange slices Coconut Banana vegan cookie</p>
<p>8 Bacon Mac and Cheese OR: Mac and Cheese WITH: Green Peas Fried Onions Fresh Whole Fruit</p>	<p>9 Beefy Quesadilla OR: Cheese Quesadilla WITH: Mild Salsa Sour Cream Spanish Rice Street Corn Fresh Whole Fruit</p>	<p>10 Three-Cheese Grilled Cheese WITH: Tomato Basil Soup Green Beans Red Seedless Grapes</p>	<p>11 Hamburger OR: Vegetarian Burger WITH: Beef Chili Cheese Slaw Celery Sticks Variety Chips</p>	<p>12 Pepperoni Pizza Cheese Pizza WITH: Roasted Broccoli Fresh Whole Fruit Strawberry Shortcake</p>
<p>15 Buttermilk Pancakes WITH: Syrup Pork Sausage Patties Hashbrowns Diced Peaches</p>	<p>16 Coconut Chicken Curry OR: Chickpea Curry WITH: Naan Bread Basmati Rice Green Peas Mixed Fruit</p>	<p>17 Spinach Pesto Pasta WITH: Garlic Breadsticks Vegetable Medley Fresh Whole Fruit</p>	<p>18 Pulled Pork Sandwich OR: Vegetarian Burger WITH: Bakery Fresh Bun House Made BBQ Sauce Pickle Spear Cantaloupe Wedge Variety Chips</p>	<p>19 Baked Potato Bar WITH: Bacon Bits Cheese Sour Cream Whipped Butter Green Onion Mixed Vegetables Orange Wedges Chocolate Chip Cookie</p>
<p>22 Pigs-in-a-Blanket OR: Vegetarian Corndog WITH: Baked Beans Green Beans Fresh Whole Fruit</p>	<p>23 Honey Garlic Pork Tenderloin OR: Vegetarian Meet Balls WITH: Wild Rice Pilaf Sautéed Zucchini Orange Wedges</p>	<p>24 Chicken Pot Pie OR: Sweet Potato Pot Pie WITH: Cornbread Topping Mixed Vegetables Diced Pears</p>	<p>25 BLT Croissant OR: Vegetarian Croissant Sandwich WITH: Garlic Herb Aioli Italian Pasta Salad Watermelon Wedge Variety Chips</p>	<p>26 Pepperoni Pizza Cheese Pizza WITH: Roasted Broccoli Fresh Whole Fruit Blueberry Crisp</p>
<p>29 Vegetarian Brown rice Tortilla bowl Salsa Avocado Corn Black beans Cheddar Monterey Cheese</p>	<p>30 Ricotta Lasagna with: Garlic Breadsticks Mixed Vegetables Mixed Fruit</p>			

Daily Options:
 Variety Of Deli Sandwiches
 Lettuce Eat! Salad Bar
 Balanced Bite Hot Bar



Milk and Water Served with Lunch Daily

V = Vegetarian Entrée Options

Fresh Fruit is Available Every Day!

We are committed to Healthy, Nutritious & Delicious Meals.
 Locally sourced ingredients included whenever possible.
 No High Fructose Corn Syrup, Trans Fats,
 or MSG are used in our recipes.

770-421-9550

www.ChefAdvantage.com

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Allergen List

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Tenders W Cauliflower Bites W,E,M,S Honey Mustard E Roasted Potatoes None Fresh Whole Fruit None</p>	<p>2 Cheesy Baked Ziti W,M Marinara Sauce None Texas Toast W,M Glazed Carrots M Mixed Fruit None</p>	<p>3 Chicken Stir fry W,S Vegetarian Stir fry W,E,S Jasmine Rice None Apple Slices None</p>	<p>4 Honey Glazed Ham None Roasted Sweet Potato None Garlic Mashed Yukon Potatoes M Bakery Fresh Rolls W,M Brussel Sprouts None</p>	<p>5 Falafel Pita W With hummus None Tzatziki sauce M Mashed cauliflower M Orange slices None Coconut banana cookie None</p>
<p>8 Bacon Mac and Cheese W,M Mac and Cheese W,M Green Peas None Fried Onions W Fresh Whole Fruit None</p>	<p>9 Beefy Quesadilla W,M Cheese Quesadilla W,M Mild Salsa None Sour Cream M Spanish Rice None Street Corn E,M Fresh Whole Fruit None</p>	<p>10 Grilled Cheese W,M Tomato Basil Soup None Green Beans None Red Seedless Grapes None</p>	<p>11 Burger None Vegetarian Burger W,S Chili None Bun W,M Cheese M Slaw E Celery Sticks None Variety Chips W,M,S</p>	<p>12 Pepperoni Pizza W,M Cheese Pizza W,M Roasted Broccoli None Fresh Whole Fruit None Strawberry Shortcake W,M</p>
<p>15 Buttermilk Pancakes W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Diced Peaches None</p>	<p>16 Coconut Chicken Curry None Chickpea Curry None Naan Bread W,M Basmati Rice None Green Peas None Mixed Fruit None</p>	<p>17 Spinach Pesto Pasta W,M Garlic Breadsticks W,M Vegetable Medley None Fresh Whole Fruit None</p>	<p>18 Pulled Pork None Vegetarian Burger W,S Bakery Fresh Bun W,M House Made BBQ Sauce None Pickle Spear None Cantaloupe Wedge None Variety Chips W,M,S</p>	<p>19 Baked Potato None Bacon Bits None Cheese M Sour Cream M Whipped Butter M Green Onion None Mixed Vegetables None Orange Wedges None Chocolate Chip Cookie W,M,E</p>
<p>20 Pigs-in-a-Blanket W,M Vegetarian Corndog W,M,E,S Baked Beans None Green Beans None Fresh Whole Fruit None</p>	<p>21 Pork Tenderloin None Vegetarian Meet Balls W,M,S Wild Rice Pilaf M,S Sauteed Zucchini None Orange Wedges None</p>	<p>22 Chicken Pot Pie W,M Sweet Potato Pot Pie W,M Cornbread Topping W,M Mixed Vegetables None Diced Pears None</p>	<p>23 BLT Croissant W,M Vegetarian Croissant W,M Garlic Herb Aioli E Italian Pasta Salad W Watermelon Wedge None Variety Chips W,M,S</p>	<p>24 Pepperoni Pizza W,M Cheese Pizza W,M Roasted Broccoli None Fresh Whole Fruit None Blueberry Crisp W,M,E</p>
<p>29 Vegetarian Brown rice Tortilla bowl None Salsa None Avocado None Corn None Black beans None Cheddar Monterey Cheese M</p>	<p>30 Lasagna W,E,M Garlic Breadsticks W,M Mixed Vegetables None Mixed Fruit None</p>			



ALLERGEN KEY:

- Soy = S**
- Wheat = W**
- Egg = E**
- Milk = M**
- Fish = F**

This list is comprised of the most common allergens we chart, including **eggs, soy, fish, 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