

April 2024	Tate's School Greenhouse				Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> <b>Chicken Tenders</b> <b>Or Cauliflower Bites</b> <b>WITH:</b> Honey Mustard Roasted Potatoes Green Peas Orange Wedges	<b>2</b> <b>Cheesy Baked Ziti</b> <b>WITH:</b> Marinara Sauce Texas Toast Glazed Carrots Sliced Strawberries	<b>3</b> Turkey Cheese Roll-ups or <b>Cheese roll ups</b> <b>WITH:</b> Sun Chips Side Salad Apple Slices	<b>4</b> Honey Glazed Ham Or <b>Roasted Sweet Potatoes</b> <b>WITH:</b> Mashed Yukon Potatoes Bakery Fresh Rolls Steamed Corn Banana	<b>5</b> <b>Falafel</b> <b>With hummus and Tzatziki</b> sauce Mashed cauliflower Orange slices Coconut Banana vegan cookie	
<b>8</b> <b>Ham Mac and Cheese</b> <b>Or Mac &amp; Cheese</b> <b>WITH:</b> Garlic Breadstick Green Peas Mandarin Oranges	<b>9</b> <b>Beefy Quesadilla</b> <b>Cheese Quesadilla</b> <b>WITH:</b> Spanish Rice Steamed Corn Apple Slices	<b>10</b> <b>Grilled Cheese</b> <b>WITH:</b> Tomato Basil Soup Green Beans Orange Wedges	<b>11</b> <b>Hot Dog</b> <b>Or Vegetarian corn dog</b> <b>WITH:</b> Baked Beans Raw Mixed Vegetables Banana	<b>12</b> <b>Cheese Pizza</b> <b>WITH:</b> Roasted Broccoli Tropical Fruit Strawberry Shortcake	
<b>15</b> <b>Buttermilk Pancakes</b> <b>WITH:</b> Pork Sausage Patties Hashbrowns Sliced Grapes	<b>16</b> Turkey Sandwich & cheese or <b>Wow butter jelly</b> <b>sandwich</b> Apple sauce Carrot sticks	<b>17</b> <b>Spinach Pesto Pasta</b> <b>WITH:</b> Garlic Breadsticks Vegetable Medley Apple Slices	<b>18</b> <b>Pulled Pork</b> <b>Or Vegetarian Burger</b> <b>WITH:</b> House Made BBQ Sauce Mac 'N' Cheese Diced Carrots Cantaloupe Wedge	<b>19</b> <b>Chicken Nachos</b> <b>WITH:</b> <b>Corn Tortilla Chips</b> <b>Nacho Cheese Sauce</b> Shredded Chicken Steamed Corn Banana Chocolate Chip Cookie	
<b>22</b> <b>Pigs-in-a-Blanket</b> <b>Or Vegetarian corn dog</b> <b>WITH:</b> Baked Beans Green Beans Diced Pineapple	<b>23</b> <b>Honey Garlic</b> <b>Pork Tenderloin</b> <b>Or vegetarian meet balls</b> <b>WITH:</b> Wild Rice Pilaf Steamed Carrots Sliced Strawberries Diced Peaches	<b>24</b> <b>Chicken Tenders</b> <b>Or Vegetarian chicken</b> <b>Nuggets</b> <b>WITH:</b> Honey Mustard Buttermilk Biscuit Steamed Peas Diced Pears	<b>25</b> <b>Turkey Cheese Sandwich</b> <b>Or Banana wow butter</b> <b>sandwich</b> <b>WITH:</b> Sun Chips Raw Mixed Vegetables Watermelon Wedge	<b>26</b> <b>Cheese Pizza</b> <b>WITH:</b> Roasted Broccoli Apple Slices Blueberry Swirl Cupcake	
<b>29</b> <b>Vegetarian Brown rice</b> <b>Tortilla bowl!</b> With corn Black beans Diced tomatoes & Cheese Tortilla chips Diced Pears	<b>30</b> <b>cheesy Tortellini</b> Marinara Garlic Bread Green Peas Diced Peaches				

**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](http://www.ChefAdvantage.com)

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Tate's School Greenhouse

Allergen List

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders <b>W</b> Honey Mustard <b>E</b> Roasted Potatoes <b>None</b> Green Peas <b>None</b> Orange Wedges <b>None</b>	2 Cheesy Baked Ziti <b>W,M</b> Marinara Sauce <b>None</b> Texas Toast <b>W,M</b> Glazed Carrots <b>None</b> Sliced Strawberries <b>None</b>	3 Turkey Cheese Roll-ups <b>W,M</b> Sun Chips <b>W,M,S</b> Side Salad <b>None</b> Apple Slices <b>None</b>	4 Honey Glazed Ham <b>None</b> Mashed Yukon Potatoes <b>M</b> Bakery Fresh Rolls <b>W,M</b> Steamed Corn <b>None</b> Banana <b>None</b>	5 Falafel <b>None</b> With hummus <b>None</b> Tzatziki sauce <b>M</b> Mashed cauliflower <b>M</b> Orange slices <b>None</b> Coconut Banana vegan cookie <b>None</b>
8 Ham Mac and Cheese <b>W,M</b> Garlic Breadstick <b>W,M</b> Green Peas <b>None</b> Mandarin Oranges <b>None</b>	9 Beefy Quesadilla <b>W,M</b> Spanish Rice <b>None</b> Steamed Corn <b>None</b>	10 Grilled Cheese <b>W,M</b> Tomato Basil Soup <b>None</b> Green Beans <b>None</b> Orange Wedges <b>None</b>	11 Hot Dog <b>None</b> Bun <b>W,M</b> Baked Beans <b>None</b> Raw Mixed Vegetables <b>None</b> Banana <b>None</b>	12 Cheese Pizza <b>W,M</b> Roasted Broccoli <b>None</b> Tropical Fruit <b>None</b> Strawberry Shortcake <b>W,M</b>
15 Buttermilk Pancakes <b>W,M,E</b> Pork Sausage Patties <b>None</b> Hashbrowns <b>None</b> Sliced Grapes <b>None</b>	16 Turkey Sandwich <b>W</b> Wow butter jelly Sandwich <b>W</b> Apple sauce <b>None</b> Carrot sticks <b>None</b>	17 Spinach Pesto Pasta <b>W,M</b> Garlic Breadsticks <b>W,M</b> Vegetable Medley <b>None</b> Apple Slices <b>None</b>	18 Pulled Pork <b>None</b> House Made BBQ Sauce <b>None</b> Vegetarian Burger <b>M,W,S</b> Mac 'N' Cheese <b>W,M</b> Diced Carrots <b>None</b> Cantaloupe Wedge <b>None</b>	19 Corn Tortilla Chips <b>None</b> Nacho Cheese Sauce <b>M</b> Shredded Chicken <b>None</b> Steamed Corn <b>None</b> Banana <b>None</b> Chocolate Chip Cookie <b>W,M,E</b>
222 Pigs-in-a-Blanket <b>W,M</b> Baked Beans <b>None</b> Green Beans <b>None</b> Diced Pineapple <b>None</b>	23 Pork Tenderloin <b>None</b> Vegetarian meet Balls <b>W,M,S</b> Wild Rice Pilaf <b>M,S</b> Steamed Carrots <b>None</b> Strawberries <b>None</b>	24 Chicken Tenders <b>W</b> Honey Mustard <b>E</b> Buttermilk Biscuit <b>W,M</b> Steamed Peas <b>None</b> Diced Pears <b>None</b>	25 Turkey Cheese Sandwich <b>W,M</b> Sun Chips <b>W,M,S</b> Raw Mixed Vegetables <b>None</b> Watermelon Wedge <b>None</b>	26 Cheese Pizza <b>W,M</b> Roasted Broccoli <b>None</b> Apple Slices <b>None</b> Blueberry Swirl Cupcake <b>W,M,E</b>
29 Vegetarian Brown rice Tortilla bowl <b>None</b> With corn Black beans <b>None</b> Diced tomatoes <b>None</b> Cheese <b>M</b> Tortilla chips <b>None</b> Diced Pears <b>None</b>	30 Cheesy Tortellini <b>W,M</b> Marinara <b>None</b> Garlic bread <b>W</b> Green Peas <b>None</b> Diced Peaches <b>None</b>			

**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