

October 2024

ChefAdvantage

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheesy Ziti Pasta WITH: *Shredded Cheese *Steamed Peas *Diced Pears	2 Breaded Chicken Sandwich-CN OR: Garden Burger WITH: *Soft Bun *Homemade Ranch *Steamed Carrots *Diced Peaches	3 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: *Green Beans *Mandarin Oranges	4 National Taco Day Tex Mex Turkey Soft Taco OR: Bean & Cheese Burrito  WITH: *Cheddar Cheese *Shredded Lettuce *Steamed Corn *Diced Pineapples
	7 Twist & Shout Mac 'n Cheese WITH: *Steamed Carrots *Strawberry Applesauce	8 Cheese Pizza Dippers-CN WITH: *Marinara Sauce *Steamed Peas *Diced Fruit	9 Turkey Ziti Pasta OR: Cheese Ziti Pasta WITH: *Shredded Mozzarella *Mixed Vegetables *Diced Peaches	10 Whole Grain Popcorn Chicken-CN OR: Boca Nuggets WITH: *Honey Mustard *Baked Beans *Diced Pears
14 Creamy Parmesan Chicken and Rice OR: Creamy Parmesan Rice WITH: *Mixed Vegetables *Applesauce	15 Fiesta Chicken Taco OR: Bean and Cheese Burrito WITH: *Cheddar Cheese *Shredded Lettuce *Steamed Corn *Diced Pineapple	16 Turkey Cheeseburger Mac OR: Cheesy Mac WITH: *Green Beans *Diced Peaches	17 Cheesy Ziti Pasta WITH: *Shredded Cheese *Steamed Carrots *Mandarin Oranges	18 National Mashed Potato Day All American Hamburger OR: Black Bean Burger  WITH: *Soft Bun *Ketchup *Sliced American Cheese *Mashed Potatoes *Diced Pears
21 National Apple Day Chicken Alfredo Pasta OR: Creamy Alfredo Pasta  WITH: *Green Beans *Cinnamon Applesauce	22 Grilled Chicken Sandwich OR: Garden Burger WITH: *Soft Bun *Homemade BBQ *Steamed Carrots *Diced Pineapples	23 Twist & Shout Mac 'n Cheese WITH: *Mixed Vegetables *Diced Pears	24 Chicken Nuggets-CN OR: Boca Nuggets WITH: *Homemade Ranch *Steamed Peas *Mandarin Oranges	25 Breakfast for Lunch! Whole Grain French Toast Sticks Turkey Sausage OR: Vegetarian Sausage WITH: *Waffle Syrup *Breakfast Potatoes *Apple Sauce
28 Creamy Chicken Bowtie OR: Creamy Bowtie Pasta WITH: *Steamed Peas *Mandarin Oranges	29 All American Hamburger-CN OR: Black Bean Burger WITH: *Soft Bun *Ketchup *American Cheese *Baked Beans *Diced Pears	30 Luca's Nut-Free Chicken Trenette al Pesto OR: Vegetarian Trenette al Pesto WITH: *Steamed Peas *Diced Pineapple	31 Personal Cheese-CN Pizza WITH: *Garden Salad w/ Ranch Dressing **Mixed Vegetables *Diced Peaches	

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

*Steamed Vegetable Substitute for Toddler

We are committed to Healthy, Nutritious & 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

This institution is an equal opportunity provider.

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Allergen List

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ziti** Wheat, Milk Mozzarella Cheese Milk Peas None Pears None	2 Chicken Sandwich Wheat, Soy Bun Wheat Ketchup None Ranch Milk, Egg Carrots None Peaches None Garden Burger Soy, Wheat	3 Teriyaki Chicken Soy, Wheat Green Bean Oranges None Vegetable Teriyaki Noodles None Wheat, Soy	4 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Pineapples None Bean & Cheese Burrito Wheat, Milk
	7 Pasta Wheat, Milk Carrots None Applesauce None	8 Pizza Dippers Soy, Wheat, Milk, Egg Marinara None Corn None Fruit None	9 Turkey Ziti Wheat, Milk Cheese Milk Vegetable None Peaches None Vegetarian Ziti Wheat, Milk	10 Popcorn Chicken Soy, Wheat Honey Mustard Egg, Soy Baked Beans None Pears None Boca Nuggets Soy, Wheat
14 Parmesan Pasta Wheat, Milk, Soy Vegetables None Applesauce None Parmesan Pasta Soy, Wheat, Milk	15 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Pineapple None Bean & Cheese Burrito Wheat, Milk	16 Cheeseburger Mac Milk, Wheat Green Beans None Peaches None Cheesy Mac Milk, Wheat	17 Ziti** Wheat, Milk Mozzarella Cheese Milk Carrots None Oranges None	18 Hamburger Soy Soft Bun Wheat Ketchup None Cheese Milk Mashed Potatoes None Pears None Black Bean Burger Soy, Wheat
21 Chicken Alfredo Wheat, Milk, Soy Green Peas None Apple None Applesauce None Alfredo Pasta Wheat, Milk	22 Sandwich Bun None Cheese Wheat Ketchup Milk BBQ Sauce None Carrots None Pineapples None Garden Burger Wheat, Soy	23 Pasta Wheat, Milk Mixed Vegetables None Pears None	24 Chicken Nuggets Soy, Wheat Ranch Egg, Milk Peas None Oranges None Boca Nuggets Soy, Wheat	25 French Toast Soy, Wheat, Egg, Milk Syrup None Turkey Sausage None Applesauce None Potatoes None Vegetarian Sausage Soy, Wheat, Milk, Egg
28 Bowtie Pasta Soy, Wheat, Milk Steamed Peas None Oranges None Bowtie Pasta Soy, Wheat	29 Hamburger Soy Soft Bun Wheat Ketchup None Cheese Milk Baked Beans None Pears None Black Bean Burger Soy, Wheat	30 Luca's Pasta Wheat, Milk, Soy Peas None Pineapples None Vegetarian Pasta Wheat, Milk, Soy	31 Cheese Pizza Milk, Wheat, Soy Garden Salad None Ranch Milk, Egg Peaches None *Mixed Vegetables None	

ALLERGEN KEY:

Soy = S

Wheat = W

Egg = E

Milk = M

Fish = F

****All Pasta Products are Processed in a Facility that Uses Egg****

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

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