

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 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 WITH: *Marinara Sauce *Steamed Peas *Yogurt Cup	9 Turkey Ziti Pasta OR: Cheese Ziti Pasta WITH: *Shredded Mozzarella *Mixed Vegetables *Diced Peaches	10 Whole Grain Popcorn Chicken OR: Boca Nuggets WITH: *Honey Mustard *Baked Beans *Diced Peas
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 Peas
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 *Ranch *Steamed Carrots *Diced Pineapples	23 Twist & Shout Mac 'n Cheese WITH: *Mixed Vegetables *Diced Peas	24 Chicken Nuggets 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 *Yogurt Cup *Apple Sauce
28 Creamy Chicken Bowtie OR: Creamy Bowtie Pasta WITH: *Steamed Peas *Mandarin Oranges	29 All American Hamburger OR: Black Bean Burger WITH: *Soft Bun *Ketchup *American Cheese *Baked Beans *Diced Peas	30 Luca's Nut-Free Chicken Trenette al Pesto OR: Vegetarian Trenette al Pesto WITH: *Steamed Peas *Diced Pineapple	31 Personal Cheese 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
 <p>7 Pasta Carrots Applesauce Wheat, Milk None</p>	<p>1 Ziti** Mozzarella Cheese Peas Pears Wheat, Milk Milk None None</p>	<p>2 Chicken Sandwich Bun Ketchup Ranch Carrots Peaches Garden Burger Wheat, Soy Wheat None Milk, Egg None None None Soy, Wheat</p>	<p>3 Teriyaki Chicken Green Bean Oranges Vegetable Teriyaki Noodles Soy, Wheat None None None Wheat, Soy</p>	<p>4 Soft Taco Cheddar Cheese Lettuce Corn Pineapples Bean & Cheese Burrito Wheat Milk None None None Wheat, Milk</p>
	<p>8 Pizza Dippers Marinara Corn Yogurt Soy, Wheat, Milk, Egg None None Milk</p>	<p>9 Turkey Ziti Cheese Vegetable Peaches Vegetarian Ziti Wheat, Milk Milk None None Wheat, Milk</p>	<p>10 Popcorn Chicken Honey Mustard Baked Beans Pears Boca Nuggets Soy, Wheat Egg, Soy None None Soy, Wheat</p>	<p>11 Chicken Quesadilla Corn Oranges Bean & Cheese Quesadilla Milk, Wheat None None Wheat, Milk</p>
<p>14 Parmesan Pasta Vegetables Applesauce Parmesan Pasta Wheat, Milk, Soy None None Soy, Wheat, Milk</p>	<p>15 Soft Taco Cheddar Cheese Lettuce Corn Pineapple Bean & Cheese Burrito Wheat Milk None None None Wheat, Milk</p>	<p>16 Cheeseburger Mac Green Beans Peaches Cheesy Mac Milk, Wheat None None Milk Wheat</p>	<p>17 Ziti** Mozzarella Cheese Carrots Oranges Wheat, Milk Milk None None</p>	<p>18 Hamburger Soft Bun Ketchup Cheese Mashed Potatoes Pears Black Bean Burger Soy Wheat None Milk None None Soy, Wheat</p>
<p>21 Chicken Alfredo Green Peas Apple Applesauce Alfredo Pasta Wheat, Milk, Soy None None None Wheat, Milk</p>	<p>22 Sandwich Bun Cheese Ketchup BBQ Sauce Carrots Pineapples Garden Burger None Wheat Milk None None None None Wheat, Soy</p>	<p>23 Pasta Mixed Vegetables Pears Wheat, Milk None None</p>	<p>24 Chicken Nuggets Ranch Peas Oranges Boca Nuggets Soy, Wheat Egg, Milk None None Soy, Wheat</p>	<p>25 French Toast Syrup Turkey Sausage Applesauce Yogurt Vegetarian Sausage Soy, Wheat, Egg, Milk None None None Milk Soy, Wheat, Milk, Egg</p>
<p>28 Bowtie Pasta Steamed Peas Oranges Bowtie Pasta Soy, Wheat, Milk None None Soy, Wheat</p>	<p>29 Hamburger Soft Bun Ketchup Cheese Baked Beans Pears Black Bean Burger Soy Wheat None Milk None None Soy, Wheat</p>	<p>30 Luca's Pasta Peas Pineapples Vegetarian Pasta Wheat, Milk, Soy None None Wheat, Milk, Soy</p>	<p>31 Cheese Pizza Garden Salad Ranch Peaches *Mixed Vegetables Milk, Wheat, Soy None Milk, Egg None None None</p>	

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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