

October 2024

ChefAdvantage

Dairy-Free Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ziti** Dairy Free Mozzarella Cheese Peas Pears	2 Chicken Sandwich Bun Ketchup Carrots Peaches	3 Teriyaki Chicken Green Bean Oranges	4 Soft Taco Dairy Free Cheese Lettuce Corn Pineapples
	7 Pasta Carrots Applesauce	8 Pizza marinara Corn Fruit	9 Turkey Ziti Dairy-Free Cheese Vegetable Peaches	10 Popcorn Chicken Honey Mustard Baked Beans Pears
14 Parmesan Pasta Vegetables Applesauce	15 Soft Taco Dairy Free Cheese Lettuce Corn Pineapple	16 Cheeseburger Mac Green Beans Peaches	17 Ziti** Dairy Free Mozzarella Cheese Carrots Oranges	18 Hamburger Soft Bun Ketchup Dairy Free Cheese Mashed Potatoes Pears
21 Chicken Alfredo Green Peas Apple **Applesauce	22 Chicken Sandwich Bun Dairy Free Cheese Ketchup BBQ Sauce Carrots Pineapples	23 Pasta Mixed Vegetables Pears	24 Chicken Nuggets Ketchup Peas Oranges	25 French Toast Syrup Turkey Sausage Applesauce Fruit
28 Bowtie Pasta Steamed Peas Oranges	29 Hamburger Soft Bun Ketchup Dairy Free Cheese Baked Beans Pears	30 Luca's Pasta Peas Pineapples	31 Cheese Pizza Garden Salad Italian Peaches *Mixed Vegetables	

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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