

October 2024

**ChefAdvantage**

**Lunch Menu**

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

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|  <p><b>7</b><br/>Pasta<br/>Carrots<br/>Applesauce<br/><b>Wheat, Milk</b><br/><b>None</b><br/><b>None</b></p>      | <p><b>1</b><br/>Ziti**<br/>Mozzarella Cheese<br/>Peas<br/>Pears<br/><b>Wheat, Milk</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b></p>   | <p><b>2</b><br/>Chicken Sandwich<br/>Bun<br/>Ketchup<br/>Ranch<br/>Carrots<br/>Peaches<br/>Garden Burger<br/><b>Wheat, Soy</b><br/><b>Wheat</b><br/><b>None</b><br/><b>Milk, Egg</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p> | <p><b>3</b><br/>Teriyaki Chicken<br/>Green Bean<br/>Oranges<br/>Vegetable Teriyaki<br/>Noodles<br/><b>Soy, Wheat</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Soy</b></p>                                  | <p><b>4</b><br/>Soft Taco<br/>Cheddar Cheese<br/>Lettuce<br/>Corn<br/>Pineapples<br/>Bean &amp; Cheese Burrito<br/><b>Wheat</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk</b></p>                        |
|   | <p><b>8</b><br/>Pizza Dippers<br/>Marinara<br/>Corn<br/>Yogurt<br/><b>Soy, Wheat, Milk, Egg</b><br/><b>None</b><br/><b>None</b><br/><b>Milk</b></p>  | <p><b>9</b><br/>Turkey Ziti<br/>Cheese<br/>Vegetable<br/>Peaches<br/>Vegetarian Ziti<br/><b>Wheat, Milk</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk</b></p>   | <p><b>10</b><br/>Popcorn Chicken<br/>Honey Mustard<br/>Baked Beans<br/>Pears<br/>Boca Nuggets<br/><b>Soy, Wheat</b><br/><b>Egg, Soy</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p>               | <p><b>11</b><br/>Chicken Quesadilla<br/>Corn<br/>Oranges<br/>Bean &amp; Cheese<br/>Quesadilla<br/><b>Milk, Wheat</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk</b></p>   |
| <p><b>14</b><br/>Parmesan Pasta<br/>Vegetables<br/>Applesauce<br/>Parmesan Pasta<br/><b>Wheat, Milk, Soy</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat, Milk</b></p>                      | <p><b>15</b><br/>Soft Taco<br/>Cheddar Cheese<br/>Lettuce<br/>Corn<br/>Pineapple<br/>Bean &amp; Cheese Burrito<br/><b>Wheat</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk</b></p>                                     | <p><b>16</b><br/>Cheeseburger Mac<br/>Green Beans<br/>Peaches<br/>Cheesy Mac<br/><b>Milk, Wheat</b><br/><b>None</b><br/><b>None</b><br/><b>Milk Wheat</b></p>  | <p><b>17</b><br/>Ziti**<br/>Mozzarella Cheese<br/>Carrots<br/>Oranges<br/><b>Wheat, Milk</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b></p>  | <p><b>18</b><br/>Hamburger<br/>Soft Bun<br/>Ketchup<br/>Cheese<br/>Mashed Potatoes<br/>Pears<br/>Black Bean Burger<br/><b>Soy</b><br/><b>Wheat</b><br/><b>None</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p>      |
| <p><b>21</b><br/>Chicken Alfredo<br/>Green Peas<br/>Apple<br/>Applesauce<br/>Alfredo Pasta<br/><b>Wheat, Milk, Soy</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk</b></p> | <p><b>22</b><br/>Sandwich<br/>Bun<br/>Cheese<br/>Ketchup<br/>BBQ Sauce<br/>Carrots<br/>Pineapples<br/>Garden Burger<br/><b>None</b><br/><b>Wheat</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Soy</b></p> | <p><b>23</b><br/>Pasta<br/>Mixed Vegetables<br/>Pears<br/><b>Wheat, Milk</b><br/><b>None</b><br/><b>None</b></p>   | <p><b>24</b><br/>Chicken Nuggets<br/>Ranch<br/>Peas<br/>Oranges<br/>Boca Nuggets<br/><b>Soy, Wheat</b><br/><b>Egg, Milk</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p>                           | <p><b>25</b><br/>French Toast<br/>Syrup<br/>Turkey Sausage<br/>Applesauce<br/>Yogurt<br/>Vegetarian Sausage<br/><b>Soy, Wheat, Egg, Milk</b><br/><b>None</b><br/><b>None</b><br/><b>None</b><br/><b>Milk</b><br/><b>Soy, Wheat, Milk, Egg</b></p> |
| <p><b>28</b><br/>Bowtie Pasta<br/>Steamed Peas<br/>Oranges<br/>Bowtie Pasta<br/><b>Soy, Wheat, Milk</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p>                                 | <p><b>29</b><br/>Hamburger<br/>Soft Bun<br/>Ketchup<br/>Cheese<br/>Baked Beans<br/>Pears<br/>Black Bean Burger<br/><b>Soy</b><br/><b>Wheat</b><br/><b>None</b><br/><b>Milk</b><br/><b>None</b><br/><b>None</b><br/><b>Soy, Wheat</b></p>                       | <p><b>30</b><br/>Luca's Pasta<br/>Peas<br/>Pineapples<br/>Vegetarian Pasta<br/><b>Wheat, Milk, Soy</b><br/><b>None</b><br/><b>None</b><br/><b>Wheat, Milk, Soy</b></p>   | <p><b>31</b><br/>Cheese Pizza<br/>Garden Salad<br/>Ranch<br/>Peaches<br/>*Mixed Vegetables<br/><b>Milk, Wheat, Soy</b><br/><b>None</b><br/><b>Milk, Egg</b><br/><b>None</b><br/><b>None</b><br/><b>None</b></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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