

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School</p> <p>Parent Teacher Conferences</p>	<p>1 World Vegetarian Day Fettuccini Vegetable Lo Mein WITH: Vegetarian Eggrolls Green Beans Diced Pears</p>	<p>2 Belgian Waffles WITH: Syrup Pork Sausage Patties Hashbrowns Mandarin Oranges</p>	<p>3 Pulled Pork Sandwich OR: BBQ Mushroom Sandwich WITH: Bakery Fresh Bun House Made BBQ Sauce Pickle Spear Baked Beans Diced Pears</p>	<p>4 Pizza Day! Cheese Pizza WITH: Roasted Broccoli Banana Snickerdoodle</p>



<p>14 Bacon Mac and Cheese OR: Mac and Cheese WITH: Green Peas Fried Onions Honey Dew</p>	<p>15 Honey Chicken Bites OR: Breaded Cauliflower Bites WITH: Yellow Rice Cheesy broccoli Mixed Fruit</p>	<p>16 Mini Corn Dog or: Vegetarian Corndog With: Turkey Chili Cheese Carrot Sticks Sliced Grapes</p>	<p>17 Grilled Cheese WITH: Tater tots Apple Slices Steamed Carrots</p>	<p>18 Pizza Day! Cheese Pizza WITH: Roasted Broccoli Mandarin Oranges National Chocolate Cupcake Day</p>
<p>21 Butter Noodles with: Sliced Chicken Breast Garlic Breadstick Honey carrots Banana</p>	<p>22 Hamburger OR: Vegetarian Burger WITH: Bakery Fresh Bun Sliced American Cheese Mustard Potato Salad Lettuce, Tomato, Pickle Fresh Whole Fruit Variety Chips</p>	<p>23 Orange Chicken OR: Orange Vegetable Bites WITH: Jasmine Rice Green Beans Fresh Apple Wedges</p>	<p>24 Cheese Quesadilla with: Freshly Made Sour cream Rice Refried Beans Corn Grapes</p>	<p>25 Chicken Tenders OR: Breaded Cauliflower Bites WITH: Roasted Potato Steamed Peas Mixed Fruit Apple Raisin Bread Pudding</p>
<p>28 Ham Diced or Egg plant with cheese sauce Sweet potato soufflé Steamed Broccoli Cantaloupe</p>	<p>29 Nacho chips with: Corn Tortilla Chips Nacho Cheese Sauce Chili Shredded Chicken Lettuce Tomato & Sour cream Banana</p>	<p>30 Honey meat balls OR: Vegetarian Honey Garlic Meatballs WITH: Cheesy Mashed Potatoes Green beans Mixed Fruit</p>	<p>31 HAPPY HALLOWEEN! Spaghetti & Meat Sauce Or Spaghetti & Tomato Sauce WITH: Garlic Bread Green Beans Orange Wedges</p>	

Milk and Water Served with Lunch

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fettuccini W , Vegetarian Eggrolls W,E,S Green Beans None Diced Pears None	2 Belgian Waffles W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Mandarin Oranges None	3 Pulled Pork None Mushroom BBQ None Bakery Fresh Bun W,M BBQ Sauce None Pickle Spear None Baked Beans None Diced Pears None	6 Cheese Pizza W,M Roasted Broccoli None Banana None Snickerdoodle W,E,M



14 Bacon Mac and Cheese W,M Mac and Cheese M,W Green Peas None Fried Onions W Honey Dew None	15 Honey Chicken bites None Cauliflower Bites W,E,M,S Yellow Rice None Cheesy broccoli M Mixed Fruit None	16 Corn Dog W,S,E,M Vegetarian Corn Dog W,E,M,S Chili None Cheese M Variety Chips W,M , Sliced Grapes None	17 Grilled Cheese W,M Steamed Carrots None Apple Slices None Tater Tots W,M,S	18 Pepperoni Pizza W,M Cheese Pizza W,M Roasted Broccoli None Fresh Whole Fruit None Cupcake E,M
21 Noodles M Sliced Chicken Breast None Garlic Breadstick W,M Honey Carrots None Banana None	22 Hamburger None Vegetarian Burger W,S Bakery Fresh Bun W,M Sliced American Cheese M Mustard Potato Salad E Lettuce, Tomato, Pickle None Fresh Whole Fruit None Variety Chips W,M ,	23 Orange Chicken W,S Vegetable Bites None Jasmine Rice None Green Beans None Fresh Apple Wedges None	24 Cheese Quesadilla W,M Sour cream M Corn None Refried Beans None Grapes None	25 Chicken Tenders W Cauliflower Bites W,E,M,S Roasted Potato None Steamed Peas None Mixed Fruit None Apple Raisin Bread Pudding M
28 Ham None Egg None with cheese sauce M Sweet potato soufflé M Steamed Broccoli None Cantaloupe None	29 Corn Tortilla Chips None Nacho Cheese Sauce M Chili None Shredded Chicken None Lettuce Tomato None Sour cream M Banana None	30 Honey Garlic Meat Balls W Vegetarian Meatballs W,E,S,M Mashed Potatoes & cheese M Carrot Coins None Mixed Fruit None	31 Spaghetti W Meat Sauce None Garlic Bread W,M Green Beans None Orange Wedges None	

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