

September 2024

Tate's School Farm

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Teriyaki Chicken and rice or: Vegetable Stir Fry with: Honey soy vegetables Vegetable Egg Rolls Fruit Medley	4 Whole Grain French Toast Sticks WITH: Syrup Pork Sausage Patties Hashbrowns Mandarin Oranges	5 National Cheese Pizza Day Pepperoni Pizza Cheese Pizza WITH: Diced Carrots Fresh Whole Fruit	6 Chicken Pesto Fettuccini Or Vegetable Florentine Garlic Breadstick Honey Balsamic Brussel Sprouts Diced Cantaloupe Fried Apples
9 Turkey and Cheese or Chickpea Salad sandwich WITH: Whole fruit Broccoli with Ranch Potato Salad	10 Meat ball sub OR: Vegetarian Meat ball Sub WITH: Mozzarella Cheese Pasta Salad Mixed Fruit Sauteed Squash	11 Tasters Club Middle School Three-Cheese Grilled Cheese WITH: Roasted Potatoes Green Beans Red Seedless Grapes	12 Turkey Meatloaf Or: vegetarian Meat Balls with: Gravy Mashed potatoes Mixed Vegetables Honey Dew	13 National Kids Take Over the Kitchen Day Chicken tenders OR: Vegetarian Nuggets WITH: Yellow Rice Cheesy Broccoli Orange Wedges Decorate your own cookie
16 Bacon Mac and Cheese OR: Mac and Cheese WITH: Green Peas Fried Onions Fruit Blend	17 Sloppy Joe OR: Vegetarian Burger WITH: Bakery Fresh Bun Mac 'N' Cheese Fresh Whole Fruit Pears Variety Chips	18 National Cheese Burger Day Fresh Grilled Hamburger OR: Vegetarian Burger WITH: Bakery Fresh Bun Sliced American Cheese Mustard Potato Salad Lettuce, Tomato, Pickle Fresh Whole Fruit Variety Chips	19 Orange Chicken or: Orange battered Vegetable Bites with: Jasmine Rice Broccoli Fresh Apple Wedges	20 Pepperoni Pizza Cheese Pizza WITH: Diced Carrots Fresh Whole Fruit Peaches House Made Granola Bar
23 Baked Potato Bar WITH: Bacon Bits Chili Cheese Sauce Sour Cream Whipped Butter Honey carrots Banana	24 Hot Dog or: Vegetarian Corndog With: Turkey Chili Cheese Carrot Sticks Honeydew Variety Chips	25 National Quesadilla Day Chicken Quesadilla or: Cheese Quesadilla with: Salsa Verde Mexicali Rice Steamed Corn Mixed Fruit	26 Honey Garlic Pork Loin OR: Vegetarian Honey Garlic Meatballs WITH: Loaded Mashed Potatoes Green Beans Orange Wedges	27 No School Parent Teacher Conferences
30 No School Parent Teacher Conferences				

Milk and Water Served with Lunch

V = Vegetarian Entrée Options

Fresh Fruit is Available Every Day!


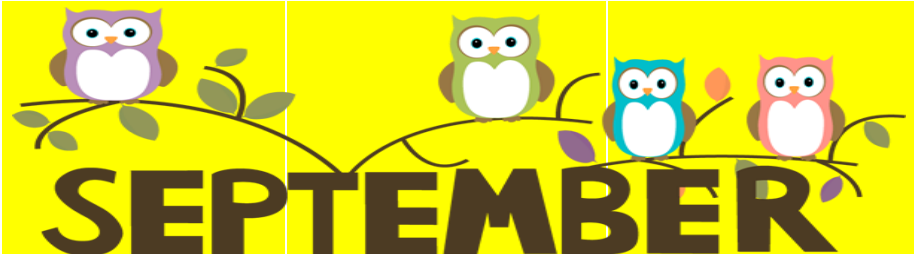
Daily Options:

- Variety Of Deli Sandwiches
- Lettuce Eat! Salad Bar
- Balanced Bite Hot Bar

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
	3 Teriyaki Chicken S Rice None vegetable stir fry S Honey soy vegetables S Vegetable Egg Rolls W,M,E Mixed Fruit NONE	4 Whole Grain French Toast Sticks W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Mandarin Oranges None	5 Pepperoni Pizza W,M Cheese Pizza W,M Diced Carrots None Fresh Whole Fruit None	6 Spinach Pesto Pasta W,M Garlic Breadstick W,M Vegetable Medley None Bakery Fresh Dinner Roll W Honey Balsamic Brussel Sprouts None Diced cantaloupe None Fried apples None
	9 Turkey and Cheese W,M Chickpea Salad sandwich E With: Whole fruit None Broccoli None Ranch M,E Potato Salad None	10 Meat ball sub W OR: Vegetarian Meat ball Sub WITH: MOZZARELLA CHEESE M PASTA SALAD W MIXED FRUIT None Sauteed Squash None	11 Grilled Cheese W,M Roasted Potatoes None Green Beans None Red Seedless Grapes None	12 Turkey meatloaf W,E Vegetarian Meat Balls W,S,E Gravy None Mashed potatoes M Mixed Vegetables None Honey Dew None
16 Bacon Mac and Cheese W,M Mac and Cheese M,W Green Peas None Fried Onions W Fruit None	17 Sloppy Joe None Vegetarian Burger W,S Bakery Fresh Bun W,M Mac 'N' Cheese W,M Pears None Variety Chips W,M,S	18 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,	19 Orange Chicken W,S Vegetable Bites None Jasmine Rice None Fresh Apple Wedges None BROCCOLI None	20 Pepperoni Pizza W,M Cheese Pizza W,M Diced Carrots None Fresh Whole Fruit None In house Granola bar M
23 Baked Potato None Bacon Bits None Chillie None Cheese M Sour Cream M Whipped Butter M Green Onion None Honey carrots None Orange Wedges None	24 Hot Dog None Vegetarian Corn Dog W,E,M,S Chili None Cheese M Honeydew None Variety Chips W,M,	25 Chicken Quesadilla W,M Cheese Quesadilla W,M Salsa Verde None Mexicali Rice None Steamed Corn M None Mixed Fruit NONE	26 Honey Garlic Pork Loin None Vegetarian Meatballs W,E,S,M Loaded Mashed Potatoes M Green Beans None Orange Wedges None	27 No School Parent Teacher Conferences
30 No School Parent Teacher Conferences				

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 work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program

