

December 2024		Tate's School Greenhouse			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 Bacon Mac and Cheese OR: Mac and Cheese WITH: Green Peas Bread stick Diced Pineapple</p>	<p>3 Cheese Quesadilla with: Freshly Made Sour cream Refried Beans Corn Grapes</p>	<p>4 Nacho Chips Cheese sauce with Taco meat Lettuce Tomato Sour Cream Mandarin oranges</p>	<p>5 Grilled Cheese WITH: Tater tots Green Beans Red Seedless Grapes</p>	<p>6 Pepperoni Pizza Or Cheese Pizza Honey Carrots Sliced Melon Sugar Cookie</p>	
<p>9 Fettuccini Vegetable Lo Mein WITH: Vegetarian Eggrolls Peas Diced Pears</p>	<p>10 Whole Grain French Toast Sticks WITH: Syrup Pork Sausage Patties Hashbrowns Mandarin Oranges</p>	<p>11 Orange Chicken OR: Orange Cauliflower Bites WITH: Jasmine Rice Steamed Green Beans Halved Grapes</p>	<p>12 Ham & Cheese Or Cheese Sandwich WITH: Mixed Vegetables Apple Slices Sun Chips</p>	<p>13 Cheeseburger Or Vegetarian Patty WITH: Roasted Potato Bites Banana Youe Log Cake Buche de Noel)</p>	
<p>16 Butter Noodles with: Sliced Chicken Breast Garlic Breadstick Honey carrots Banana</p>	<p>17Chicken Biscuit OR: Chicken sub on Biscuit With Cheesy Mashed Po- tatoes Vegetable Medley Strawberries</p>	<p>18 Chicken Fettuccini Alfredo do or Fettuccini Alfredo Green Beans Sliced Pears</p>	<p>19 Hot Dog or Vegetarian Hot Dog WITH: Baked Beans Carrot Sticks Orange Wedges</p>	<p>20 TAKE HOME LUNCH DAY! Turkey and Cheese Sandwich OR: Wow Butter and Jelly WITH: Variety Chips Fresh Fruit Chocolate Chip Cookie</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**

December 2024	Tate's School Greenhouse			Allergy List
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Bacon Mac and Cheese W,M Mac and Cheese M,W Green Peas None Bread stick W,M Diced Pineapple None</p>	<p>3 Chicken Quesadilla W,M Cheese Quesadilla W,M Sour cream M Mexicali Rice None Steamed Corn M Mixed Fruit None</p>	<p>4 Nacho Chips W With Cheese Sauce M Taco meat None Lettuce Tomato None Sour cream M Salsa None Fresh Whole Fruit None</p>	<p>5 Grilled Cheese W,M Roasted Potatoes None Green Beans None Red Seedless Grapes None</p>	<p>6 Pepperoni Pizza W,M Or Cheese Pizza W,M Honey carrots None Sliced Melon None Sugar Cookie None</p>
<p>9 Fettuccini W, Vegetarian Eggrolls W,E,S Peas None Diced Pears None</p>	<p>10 Whole Grain French Toast Sticks W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Mandarin Oranges None</p>	<p>11 Orange Chicken W,S Jasmine Rice None Steamed Green Beans None Halved Grapes None</p>	<p>12 Grilled Cheese W,M Mixed Vegetables None Apple Slices None Chips W,M,S</p>	<p>13 Cheeseburger W Or Vegetarian Patty W,S,E Roasted Potato Bites S Banana None Yole Log Cake Buche de Noel) W,M,E</p>
<p>16 Noodles M Sliced Chicken Breast None Garlic Breadstick W,M Honey carrots None Banana None</p>	<p>17 Chicken Biscuit W,M Chicken sub on Biscuit W,M,S Cheesy Mashed Potatoes M Vegetable Medley None Strawberries None</p>	<p>18 Chicken Fettuccini Alfredo W, M or Fettuccini Alfredo W.M Green Beans None Sliced Pears None</p>	<p>19 Hot Dog None Bun W,M Baked Beans None Carrot Sticks None Orange Wedges None</p>	<p>20 Turkey and Cheese Sandwich W,M Wow Butter and Jelly W,S Variety Chips W,S,M Fresh Fruit None Chocolate Chip Cookie W,E,S</p>



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