

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon Mac and Cheese OR: Mac and Cheese WITH: Green Peas Fried Onions Diced Pineapple	3 Chicken Quesadilla or: Cheese Quesadilla with: Salsa Verde Mexicali Rice Steamed Corn Mixed Fruit	4 Nacho Chips With Cheese Sauce Taco meat Lettuce Tomato Sour cream Salsa Fresh Whole Fruit	5 National Comfort Food Day Three-Cheese Grilled Cheese WITH: Tomato Basil Soup Apple Slices	6 Pepperoni Pizza Or Cheese Pizza Honey Carrots Sliced Melon Sugar Cookie
9 Fettuccini Vegetable Lo Mein WITH: Vegetarian Eggrolls Peas Diced Pears	10 Whole Grain French Toast Sticks WITH: Syrup Pork Sausage Patties Hashbrowns Mandarin Oranges	11 Orange Chicken OR: Orange Cauliflower Bites WITH: Jasmine Rice Steamed Green Beans Grapes	12 Hot Ham & Cheese Hoagie Roasted Vegetable Hoagie Sweet Potato Bisque Assorted Chips Grilled Zucchini Fresh Fruit	13 Cheeseburger Or Vegetarian patty WITH: Roasted Potato bites Fresh Whole Fruit Yule Log Cake (Buche de Noel)
16 Baked Potato Bar WITH: Bacon Bits Chili Cheese Sauce Sour Cream Whipped Butter Honey carrots Banana	17 Honey Garlic Pork Loin OR: Vegetarian Honey Garlic Meatballs WITH: Herb Seasoned Rice Vegetable Medley	18 Chicken Fettuccini Alfredo or Fettuccini Alfredo Garlic Bread Green Beans Sliced Pears	19 Hot Dog Bar OR: Vegetarian Hot Dog WITH: Turkey Chili Cheese Slaw Carrot Sticks Fresh Whole Fruit	20 BOXED LUNCH DAY! Turkey and Cheese Sandwich OR: Wow Butter and Jelly WITH: Baked Chips Fresh Fruit Chocolate Chip Cookie




ChefAdvantage

Daily Options:
 Variety Of Deli Sandwiches
 Lettuce Eat! Salad Bar
 Balanced Bite Hot Bar

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 Farm			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Bacon Mac and Cheese W,M Mac and Cheese M,W Green Peas None Fried Onions W Diced Pineapple None	3 Chicken Quesadilla W,M Cheese Quesadilla W,M Salsa Verde None Mexicali Rice None Steamed Corn M None Mixed Fruit NONE	4 Nacho chips W Cheese Sauce M Taco meat None Lettuce Tomato None Sour cream M Salsa None Fresh Whole Fruit None	5 Three-Cheese Grilled Cheese W,M Tomato Basil Soup None Apple Slices None	6 Peperoni Pizza W,M Or Cheese Pizza W,M Honey carrots None Sliced Melon None Sugar Cookie None	
9 Fettuccini W , Vegetarian Eggrolls W,E,S Peas None Diced Pears None	10 Whole Grain French Toast Sticks W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Mandarin Oranges None	11 Orange Chicken W,S Orange Cauliflower Bites W,E,S,M Jasmine Rice None Steamed Green Beans None None Grapes None	12 Hot Ham & Cheese Hoagie W,M Sweet potato Bisque M Assorted Chips W,S Grilled Zucchini None Fresh Fruit None	13 Cheeseburger W Or Vegetarian patty W,S,E Roasted Potato bites S Fresh Whole Fruit None Yule Log Cake (Buche de Noel) W,M,E	
16 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	17 Honey Garlic Pork Loin None Vegetarian Meatballs W,E,S,M Herb Seasoned Rice None Vegetable Medley None	18 Chicken Fettuccini Alfredo W, M or Fettuccini Alfredo W,M Garlic Bread W,M Green beans None Sliced pears None	19 Hot Dog None Vegetarian Hot Dog W,E,S,M Bun W,M Turkey Chili None Cheese M Slaw E Carrot Sticks None Orange Wedges None	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	



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