

Monday Tuesday Wednesday Thursday Friday



**1**  
**Cheese Pizza**  
**WITH:**  
 Diced Carrots  
 Honeydew  
 Pumpkin Chocolate chip  
 Cookie

**4**  
**Ham Steak Diced**  
**or cauliflower** with  
 Cheese Sauce  
 Sweet Potato Soufflé  
 Steamed Broccoli

**5**  
**Mini Corndogs**  
**Or Vegetarian Corn dog**  
**WITH:**  
 Butter noodles  
 Green Peas  
 Honey dew

**6**  
**National Nacho Day**  
**Chicken Nachos**  
**Or**  
**Cheese Nachos**  
 Corn Tortilla Chips  
 Shredded Chicken  
 Steamed corn  
 Sliced Strawberries

**7**  
**Turkey and Cheese**  
**Sandwich**  
**or Cheese Sandwich**  
 Sliced Cherry Tomatoes &  
 Cucumber slices  
 Banana  
 Sun Chips

**8**  
**Ranch Chicken strips**  
**Vegetarian Ranch Nug-**  
**gets**  
 Home Fried Potatoes  
 Spinach & Parmesan  
 Cheese  
 Peaches  
**Smores Brownie**

**11**  
**Chicken Tenders**  
**OR Vegetarian Nuggets**  
 Roasted Red Potatoes  
 Green Beans  
 Half Grapes

**12**  
**Cheesy Spaghetti**  
**WITH:**  
 Garlic Breadsticks  
 Mixed Vegetables  
 Apple Slices

**13**  
**Pulled Pork Sandwich**  
**OR: Fried Green Tomato**  
**Sandwich**  
**WITH:**  
 Bakery Fresh Bun  
 Pickle Spear  
 Baked Beans  
 Mixed Fruit

**14**  
**All American**  
**Hamburger**  
**OR Vegetarian Burger**  
 Bakery Fresh Bun  
 Sliced American Cheese  
 Pickle  
 Mixed Vegetables  
 Orange Wedges

**15**  
**Cheese Pizza**  
**WITH:**  
 Roasted Broccoli  
 Fresh Sliced Melon  
**Peach Yogurt**

**18**  
**Hot Dog**  
**OR VEGETARIAN CORN**  
**DOG**  
 Baked Beans  
 Mixed Vegetables  
 Orange Wedges

**19**  
 Pulled Chicken & Cheesy  
 Rice **or Broccoli & Cheesy**  
**Rice**  
 Garlic bread  
 Peas  
 Diced Pineapple

**20**  
**Ham & Cheese Roll-ups**  
**Cheese Roll Up**  
**WITH:**  
 Variety Chips  
 Red Seedless Grapes

**21**  
**Grilled Cheese**  
**WITH:**  
 Tater tots  
 Green Beans  
 Banana

**22**  
**HAPPY THANKSGIVING!**  
**Roasted Turkey Breast**  
**Or Roasted Squash with**  
**Honey Glaze**  
 Fresh Dinner Roll  
 Cornbread Dressing  
 Sweet potato Soufflé  
 Sauteed Green Beans  
**Pumpkin Pie**

**25**  
**Cheese Quesadilla**  
**WITH:**  
 Mexicali Rice  
 Steamed Corn  
 Diced Pears

**26**  
**Whole Grain**  
**French Toast Sticks**  
**WITH:**  
 Pork Sausage Patties  
 Home Fried Potatoes  
 Mandarin Oranges



**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](http://www.ChefAdvantage.com)

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**1**  
Cheese Pizza **W,M**  
Diced Carrots **None**  
Honeydew **None**  
Pumpkin Chocolate Chip Cookie **W,M,S**

**2**  
Ham steak **None**  
Cauliflower Steak **None**  
Cheese Sauce **M**  
Sweet Potato Soufflé **M**  
Steamed Broccoli **None**

**3**  
Mini Corndogs **W,E,M,S**  
Colliflower Bites **W,E,M,S**  
Butter Noodles **M**  
Green Peas **None**  
Honeydew **None**

**4**  
Corn Tortilla Chips **None**  
Shredded Chicken **None**  
Cheese Sauce **M**  
Corn **None**  
Sliced Strawberries **None**

**5**  
Turkey and Cheese Sandwich **W,M**  
Cherry Tomatoes & Cucumber Slices **None**  
Banana **None**  
Sun Chips **W,M,S**

**6**  
Ranch Chicken strips **None**  
Vegetarian Ranch Nuggets **W,M'S**  
Home fried potatoes **None**  
Spinach & parmesan cheese **M**  
Peaches **None**  
Smores brownie **W,S,M**

**11**  
Chicken Tenders **W**  
Vegetarian nuggets **W,M**  
Roasted Red Potatoes **None**  
Green Beans **None**  
Half Grapes **None**

**12**  
Cheesy Spaghetti **W,M**  
Garlic Breadsticks **W,M**  
Mixed Vegetables **None**  
Apple Slices **None**

**13**  
Pulled Pork **None**  
Black Bean Burger **W,S**  
Baked Beans **None**  
Vegetable Medley **None**  
Halved Grapes **None**

**14**  
All American Hamburger **None**  
Bakery Fresh Bun **W,M**  
Sliced American Cheese **M**  
Pickle **None**  
Mixed Vegetables **None**  
Orange Wedges **None**  
Sun Chips **W,M,S**

**15**  
Cheese Pizza **W,M**  
Roasted Broccoli **None**  
Melon **None**  
Peach Yogurt **W,M**

**18**  
Hot Dog **None**  
Vegetarian Hot Dog **W,E,M,S**  
Bun **W,M**  
Baked Beans **None**  
Mixed Vegetables **None**  
Orange Wedges **None**

**19**  
Pulled chicken & Cheesy Rice **M**  
or Broccoli & Cheesy Rice **M**  
Garlic Bread **W,M**  
Diced Pineapple **None**  
Peas **None**

**20**  
Ham & Cheese Roll-ups **W,M**  
Cheese Roll Up **W**  
Variety Chips **W,M,S**  
Grapes **None**

**21**  
Grilled Cheese **W,M**  
Tater Tots **S**  
Green Beans **None**  
Banana **None**

**22**Roasted Turkey Breast **None**  
Roasted Squash with Honey Glaze **None**  
Fresh Dinner Roll **W,M**  
Mashed Potatoes **M**  
Green Beans Casserole **M**  
Sweet Potato Soufflé **M**  
Cornbread Dressing **W,E**  
Pumpkin Pie **W,E,M**

**25**  
Chicken Quesadilla **W,M**  
Mexicali Rice **None**  
Steamed Corn **None**  
Diced Pears **None**

**26**  
Whole Grain French Toast Sticks **W,E,M,S**  
Pork Sausage Patties **None**  
Home Fried Potatoes **None**  
Mandarin Oranges **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 work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program