

Monday Tuesday Wednesday Thursday Friday



<p>3 Chicken Corn Dog OR: Vegetarian Nuggets WITH: Baby Carrot Sticks w/ Ranch Dressing Baked Beans Cinnamon Applesauce</p>	<p>4 Chicken Fajita Rice OR: Fajita Rice with Tofu WITH: Steamed Corn Celery Sticks w/ Ranch Dressing Diced Peaches</p>	<p>5 Mama Mia Marinara Beef Meatball Sub OR: Meatless Meatball Sub WITH: Romaine Salad w/ Ceasar Dressing Steamed Peas Fresh Grapes</p>	<p>6 Cheese Pizza Dippers WITH: Marinara Sauce Vegetable Medley Mandarin Oranges</p>	<p>7 Pizza Fridays! Hand Tossed Cheese Pizza WITH: Garden Salad w/ Ranch Dressing Tropical Fruit</p>
<p>10 Lasagna Rolls WITH: Baby Carrot Sticks w/ Ranch Dressing Steamed Corn Diced Pears</p>	<p>11 Chicken Nuggets OR: Vegetarian Nuggets WITH: Steamed Peas Romaine Salad w/ Ceasar Dressing Diced Peaches</p>	<p>12 All American Hamburger OR: Gardenburger WITH: Celery Sticks w/ Ranch Dressing Baked Beans Mandarin Orange</p>	<p>13 Fiesta Chicken Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Salsa with Tortilla Chips Diced Pineapple</p>	<p>14 Grilled Chicken Sandwich OR: Gardenburger Garden Salad w/ Ceasar Dressing Rainbow Fruit Salad</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>SCHOOL CLOSED</p>				
<p>24</p>	<p>25</p>	<p>26 Rotisserie Chicken Drumsticks OR: Macaroni and Cheese WITH: Whole Wheat Roll Baby Carrot Sticks w/ Ranch Dressing Green Beans Fuji Apple</p>	<p>27 National Chili Day Homestyle Beef Chili OR: Vegetarian Chili WITH: Shredded Cheese Romaine Salad w/ Ranch Dressing Steamed Corn Mandarin Oranges</p>	<p>28 Chicken Corn Dog OR: Vegetarian Nuggets WITH: Garden Salad w/ Ceasar Dressing Very Berry Fruit Salad</p>

ONLINE ORDERING:

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Locally sourced ingredients included whenever possible.

No High Fructose Corn Syrup, Trans Fats, Artificial Sweeteners, or MSG are used in our recipes.

Vegetarian Entrée Options

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<p>3 Salad Meal: - Diced Turkey and Cheese Cracker Plate - Pasta Salad Plate with Crackers</p> <p>Sandwich Meal: - Turkey Ham and Cheese on Wheat Bread - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p>4 Salad Meal: - Fiesta Chicken Taco Salad - Breaded Chicken Salad</p> <p>Sandwich Meal: - Crispy Chicken Wrap - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p>5 Salad Meal: - Vegetarian Cobb Salad - Breaded Chicken Salad</p> <p>Sandwich Meal: - Buffalo Chicken Wrap - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p>6 Salad Meal: - Grilled Chicken Salad - Breaded Chicken Salad</p> <p>Sandwich Meal: - Two Cheese Sandwich - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p>7 Salad Meal: - Tuna Salad Plate with Pita Points - Breaded Chicken Salad</p> <p>Sandwich Meal: - Soybutter & Jelly on Wheat Bread - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>
<p>10 Salad Meal: - Italian Pasta Salad Plate - Diced Turkey and Cheese Cracker Plate</p> <p>Sandwich Meal: - Two Cheese Sandwich - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich</p>	<p>11 Salad Meal: - Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges - Diced Turkey and Cheese Cracker Plate</p> <p>Sandwich Meal: - Southwest Wrap - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich</p>	<p>12 Salad Meal: - Chef Salad with Sliced Turkey - Diced Turkey and Cheese Cracker Plate</p> <p>Sandwich Meal: - Turkey & Cheese Croissant - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich</p>	<p>13 Salad Meal: - Breaded Chicken Salad - Diced Turkey and Cheese Cracker Plate</p> <p>Sandwich Meal: - Build Your Own Pita Pizza - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich</p>	<p>14 Salad Meal: - Chicken Caesar Salad - Diced Turkey and Cheese Cracker Plate</p> <p>Sandwich Meal: - Grilled Vegetable Wrap - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich</p>

17 18 19 20 21

SCHOOL CLOSED

24 25 26 27 28

SCHOOL CLOSED

		<p>26 Salad Meal: - Vegetarian Cobb Salad - Chicken Caesar Salad</p> <p>Sandwich Meal: - Grilled Vegetable Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p>27 Salad Meal: - Italian Pasta Salad Plate - Chicken Caesar Salad</p> <p>Sandwich Meal: - Buffalo Chicken Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p>28 Salad Meal: - Breaded Chicken Salad - Chicken Caesar Salad</p> <p>Sandwich Meal: - Soybutter & Jelly on Wheat Bread - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>
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Weekly Vegetable Sides:

Monday: Baby Carrots with Hummus

Tuesday: Southern Style Potato Salad and Cucumber Salad

Wednesday: Celery Sticks with Ranch Dip & Kale Salad with Poppy Seed Dressing

Thursday: Cucumber Coins and Baby Carrots with Ranch Dip

Friday: Southern Style Potato Salad and Broccoli and Tomato Salad

Fruit of the Day is Served with Every Meal

SANDWICH & SALAD MEALS

Includes Two Vegetable Sides and
Fruit of the Day

V = Vegetarian Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>3 Corn Dog Soy, Wheat, Milk, Egg Carrots None Ranch Eggs, Milk Baked Beans None Applesauce None Vegetarian Nuggets Soy, Wheat</p>	<p>4 Fajita Rice Milk Corn None Celery Sticks None Ranch Eggs, Milk Diced Peaches None Fajita Rice with Tofu Soy, Milk</p>	<p>5 Meatball Sub Soy, Wheat, Milk Salad None Ceasar Egg, Fish, Milk Peas None Grapes None Meatless Meatball Sub Wheat, Egg, Milk</p>	<p>6 Pizza Dippers Wheat, Egg, Soy, Milk Marinara Sauce None Vegetable Medley None Oranges None</p>	<p>7 Pizza Milk, Wheat, Soy Salad None Ranch Egg, Milk Fruit None</p>
<p>10 Lasagna Rolls Wheat, Egg, Milk Vegetable Medley None Corn None Pears None</p>	<p>11 Chicken Nuggets Wheat, Soy Pea Salad None Ceasar Egg, Fish, Milk Peaches None Nuggets Wheat, Soy, Eggs</p>	<p>12 Hamburger Soy Bun Wheat Cheese Soy, Milk Carrots None Ranch Eggs, Milk Baked Beans None Orange None Gardenburger Soy, Wheat, Milk</p>	<p>13 Chicken Taco Wheat, Milk Salsa None Chips None Corn None Pineapple None Bean & Cheese Burrito Wheat, Milk</p>	<p>14 Grilled Chicken None Bun Wheat Salad None Ceasar Egg, Fish, Milk Fruit None Gardenburger Soy, Wheat, Milk</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>SCHOOL CLOSED</p>				
<p>24</p> <p style="text-align: center;">SCHOOL CLOSED</p>	<p>25</p>	<p>26 Drumsticks Soy Roll Wheat Carrots None Ranch Egg, Milk Green Beans None Apple None Mac & Cheese** Wheat, Milk</p>	<p>27 Chili None Roll None Corn None Romaine Salad None Ranch Egg, Milk Mandarin Oranges None</p>	<p>28 Corn Dog Soy, Wheat, Milk, Egg Salad None Ceasar Egg, Fish, Milk Fruit None Vegetarian Nuggets Soy, Wheat</p>

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<p>3 Salad Meal: Turkey & Cheese Pasta Salad Plate W, M W, M</p> <p>Sandwich Meal: Turkey Ham Turkey Bologna DF Sandwich E, W, M E, W, M W</p> <p>Baby Carrots Hummus Fruit None None None</p>	<p>4 Salad Meal: Taco Salad Chicken Salad W, E, M, S E, M</p> <p>Sandwich Meal: Chicken Wrap Turkey Bologna DF Sandwich S, W, M, E E, W, M W</p> <p>Potato Salad Cucumber Salad Fruit Egg, Fish, Soy None None</p>	<p>5 Salad Meal: Cobb Salad Chicken Salad S, E, W, M W, E, M, S</p> <p>Sandwich Meal: Buffalo Wrap Turkey Bologna DF Sandwich W, M, S, E E, W, M W</p> <p>Celery Sticks Ranch Milk Kale Salad Egg None Egg,</p>	<p>6 Salad Meal: Grilled Chicken Chicken Salad S, E, W, M W, E, M, S</p> <p>Sandwich Meal: Two Cheese Turkey Bologna DF Sandwich W, M E, W, M W</p> <p>Three Bean Carrots Ranch Fruit None None Egg, Milk None</p>	<p>7 Salad Meal: Tuna Salad Plate Chicken Salad E, W, F W, E, M, S</p> <p>Sandwich Meal: Soybutter & Jelly Turkey Bologna DF Sandwich S, W, M E, W, M W</p> <p>Potato Salad Kale Salad Fruit Egg, Fish, Soy Egg None</p>
<p>10 Salad Meal: Italian Pasta Turkey & Cheese E, W, S, E W, M</p> <p>Sandwich Meal: Two Cheese Chicken Wrap DF Sandwich W, M S, W, M, E W</p> <p>Baby Carrots Hummus Fruit None None None</p>	<p>11 Salad Meal: Chicken Salad Turkey & Cheese W, E, M W, M</p> <p>Sandwich Meal: Chicken Salad Chicken Wrap DF Sandwich W, E, M S, W, M, E W</p> <p>Potato Salad Cucumber Salad Fruit Egg, Fish, Soy None None</p>	<p>12 Salad Meal: Chef Salad Turkey & Cheese W, E, M, S W, M</p> <p>Sandwich Meal: Turkey Croissant E Chicken Wrap DF Sandwich S, W, M, S, W, M, W</p> <p>Celery Sticks Ranch Milk None Egg,</p>	<p>13 Salad Meal: Chicken Salad Turkey & Cheese W, E, M, S W, M</p> <p>Sandwich Meal: Pita Pizza Chicken Wrap DF Sandwich W, M S, W, M, E W</p> <p>Three Bean Carrots Ranch Fruit None None Egg, Milk None</p>	<p>14 Salad Meal: Caesar Salad Turkey & Cheese F, M, E, W W, M</p> <p>Sandwich Meal: Vegetable Wrap Chicken Wrap DF Sandwich S, W, M S, W, M, E W</p> <p>Potato Salad Kale Salad Fruit Egg, Fish, Soy Egg None</p>
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SCHOOL CLOSED

<p>24</p> <p style="text-align: center;">SCHOOL CLOSED</p>	<p>25</p>	<p>26 Salad Meal: Cobb Salad Caesar Salad S, E, W, M F, M, E, W</p> <p>Sandwich Meal: Vegetable Wrap Croissant DF Sandwich S, W, M S, W, M, E W</p> <p>Celery Sticks Ranch Milk Kale Salad None Egg,</p>	<p>27 Salad Meal: Italian Pasta Caesar Salad E, W, S, E F, M, E, W</p> <p>Sandwich Meal: Buffalo Wrap Croissant DF Sandwich W, M, S, E S, W, M, E W</p> <p>Three Bean Carrots Ranch Fruit None None Egg, Milk None</p>	<p>28 Salad Meal: Chicken Salad Caesar Salad W, E, M, S F, M, E, W</p> <p>Sandwich Meal: Soybutter & Jelly Croissant DF Sandwich S, W, M S, W, M, E W</p> <p>Potato Salad Cucumbers Ranch Fruit Egg, Fish, Soy None Egg, Milk None</p>
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