

Monday

Tuesday

Wednesday

Thursday

Friday
1st

Sizzle and Main

Corn Dogs
Spiral Fries
Corn on the Cob
Chili and Cheese

The Balanced Bite

BBQ Shrimp and Grits
Garlic Biscuit
Sauteed Green Beans



*ChefAdvantage is committed to serving
Nutritious and Delicious Meals!*
Locally sourced ingredients whenever possible
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday
3rdTuesday
4thWednesday
5thThursday
6thFriday
7th

Sizzle and Main

Sausage Biscuits
Scrambled Eggs
Country Gravy
Creamy Grits

Shredded Chicken
Tacos
Arroz Rojo
Black Beans and Corn

Baked Ziti Marinara
Roasted Cauliflower
Fresh Baked Focaccia

Chopped Cheese
Sandwich
Crispy French Fries
Roasted Broccoli

Chicken Tenders
Mashed Potatoes
Roasted Vegetables
Dipping Sauces

The Balanced Bite

Tomato and Red Pepper
Soup
Provolone Grilled Cheese

Blackened Chicken
Alfredo
Brussel Sprouts
Garlic Bread

Club Sandwich
Kettle Chips
Potato Salad

Loaded Tater Tot Bar
(Chili, Cheese, Sour
Cream, and Green
Onions)

Ropa Veja'
Steamed White Rice
Cilantro– Lime Plantains



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Monday
10thTuesday
11thWednesday
12thThursday
13thFriday
14th

Sizzle and Main



Kansas City BBQ Chicken
Baked Beans
Corn Grits
Buttered Toast

Smoked Texan Brisket
Tacos
Garlic Butter Rice
Cheesy Corn Casserole

Huli Huli Chicken
Coconut-Pineapple Rice
Polynesian Spiced
Vegetables

Shaved Memphis BBQ
Beef
Sandwich
Crispy French Fries
Smothered Green Beans

"Marry Me" Chicken
Penne Pasta
Roasted Vegetable
Medley
Fresh Baked French
Bread
Chocolate Mousse

The Balanced Bite

South Carolina Pulled Pork
Hamburger Bun
Sweet Potato Fries
Cole Slaw

Smoked Lamb
Shoulder
Sandwich
Sweet and Spicy
Kettle Chips

St Louis Pork Ribs
Macaroni and Cheese
Cucumber and Tomato
Salad

Alabama White Chicken
Sandwich
Warm Potato Salad



Beef Tips with a
Balsamic Glaze
Rosemary Roasted
Potatoes
Sautéed Vegetables



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Monday
17thTuesday
18thWednesday
19thThursday
20thFriday
21st

Sizzle and Main

Honey Chicken
Lo Mein Noodles
Stir-Fry Vegetables

Fish Tacos
Yellow Rice
Mandarin Slaw
Salsa Verde

Chicken and Sausage
Gumbo
Green Onion Rice
Roasted Garlic Green
Beans
French Bread

Bruschetta Ravioli
Roasted Broccoli
Garlic Bread

Bang Bang Chicken
Nuggets
Fried Rice
Ginger Roasted
Cauliflower

The Balanced Bite

Minestrone Soup
Garden Salad
Breadsticks

Shredded BBQ Chicken
on Bun
Sweet Potato Fries
Dirt Pie

Italian Sausage Hoagies
Italian Pasta Salad

Cubano Sandwich
Tajin Spiced Kettle Chips

Pasta Puttanesca
Arugula Salad
Italian Bread



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Monday
24thTuesday
25thWednesday
26thThursday
27thFriday
28th

Sizzle and Main

Chicken Parmesan
Penne Marinara
Mixed Vegetables

Pork Stir Fry
Garlic-Soy Noodles
Egg Rolls

Creole Pot Roast
Confetti Rice
Mixed Vegetables

Rosemary Chicken
Brown Butter Cavatappi
Honey Glazed Carrots

Fais Do Do Friday!
Catfish Po'Boys
Crispy French Fries
Cole Slaw
Tartar and Cocktail
Sauce

The Balanced Bite

Stuffed Bell Peppers
Corn Maque Choux
Warm Roll

Chicken Tikki Masala
Basmati Rice
Grilled Nan Bread

Seafood Stuffed Potatoes
Garden Salad

Breakfast Flatbread
Fresh Fruit
Brown Sugar Oatmeal

Chicken and Sausage
Jambalaya
Breaded Okra
King Cake Beignets



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