

Monday

Tuesday

Wednesday

Thursday

Friday



3
Chicken Tenders
 or **Vegetarian Chicken**
Nuggets
WITH:
 Roasted Red Potatoes
 Mixed Vegetables
 Grape Slices

4
Nacho chips
with:
Corn Tortilla Chips
Nacho Cheese Sauce
 Shredded Chicken
 Rice
 Corn
 Mandarin Oranges

5
Orange Chicken
 or: **Orange battered Veg-**
etable Bites
with:
 Jasmine Rice
 Green Beans
 Fresh Apple Wedges

6
Three-Cheese
Grilled Cheese
WITH:
 Tater Tots
 Green Beans
 Sliced Pears

7
National Fettuccine Alfre-
do Day
Chicken Fettuccine or
Fettuccine Alfredo
WITH:
 Bakery Fresh Roll
 Steamed Carrot Coins
 Honeydew
 Cherry topped Pudding
 Cup

10
Bacon Mac and Cheese
 or: **Mac and Cheese**
WITH:
 Garlic Breadstick
 Green Peas
 Mixed Fruit

11
Sloppy Joe
 OR: **Vegetarian Burger**
WITH:
 Bakery Fresh Bun
 Mac 'N' Cheese
 Fresh Whole Fruit
 Pears
 Variety Chips

12
Honey Garlic Meatballs
 OR: **Vegetarian Honey**
Garlic Meatballs
WITH:
 Mashed
 Potatoes & Cheese
 Green beans
 Orange Slices

13
Chicken Quesadilla
 or **Cheese Quesadilla**
WITH:
 White Rice
 Steamed Corn
 Refried Beans
 Apple Slices

14
Pepperoni Pizza
Cheese Pizza
With:
 Roasted Broccoli
 Fresh Sliced cantaloupe
 Red Velvet Cupcake

17

 ★ **Happy President's Day** ★

18
Ricotta Baked Ziti
WITH:
 Garlic Breadsticks
 Steamed Peas
 Grapes

19
Teriyaki Chicken and rice
 or: **Vegetable Stir Fry**
with:
 Honey soy vegetables
 Vegetable Egg Rolls
 Pears

20
All American
Hamburger or Vegetarian
Burger
WITH:
 Bakery Fresh Bun
 Sliced American Cheese
 Pickle
 Diced Carrots
 Sun Chips
 Mixed Fruit

21
Battered Cod
 OR: **Cauliflower Bites**
WITH:
 Tarter sauce
 Yellow Rice
 Green Beans
 Orange Wedges
 Apple Crisps

24
Breaded Chicken Sand-
wich
 or **Fried Green Tomato**
Sandwich
WITH:
 Tater tots
 Green Beans
 Red Seedless Grapes

25
National Pancake Day
Pancakes
WITH:
 Syrup
 Pork Sausage Patties
 Hashbrowns
 Mixed Fruit

26
Mini Corn Dogs
 Or **Vegetarian corn dog**
WITH:
 Sun Chips
 Broccoli
 Orange Wedges

27
Butter Noodles with:
 Sliced Chicken Breast
 Garlic Breadstick
 Honey Carrots
 Banana

28
Pepperoni Pizza
Cheese Pizza
WITH:
 Diced Carrots
 Fresh Whole Fruit
 Peaches
 Chocolate Chip Cookie

Milk and Water Served with

V = Vegetarian Entrée Options

Fresh Fruit is Available Every Day!

We are committed to Healthy, Nutritious and Delicious Meals.

Locally sourced ingredients included whenever possible.

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

770-421-9550

www.ChefAdvantage.com

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
<p>3</p> <p>Chicken Tenders W Vegetarian nugget W,M,S Roasted Red Potatoes None Mixed Vegetables None Grape Slices None</p>	<p>4</p> <p>Corn Tortilla Chips None Nacho Cheese Sauce M Shredded Chicken None Rice None Corn None Mandarin Oranges None</p>	<p>5</p> <p>Orange Chicken W,S Vegetable Bites None Jasmine Rice None Green Beans None Fresh Apple Wedges None</p>	<p>6</p> <p>Grilled Cheese W,M Tomato Basil Soup None Green Beans None Sliced Pears None</p>	<p>7</p> <p>Chicken None Fettuccine Alfredo W,M Bakery Fresh Roll W,M Steamed Carrot Coins None Honeydew None cherry pudding Cup M</p>
<p>10</p> <p>Bacon Mac and Cheese W,M Mac and Cheese M,W Green Peas None Mixed Fruit None Garlic Breadstick W,M</p>	<p>11</p> <p>Sloppy Joe None Vegetarian Burger W,S Bakery Fresh Bun W,M Mac 'N' Cheese W,M Pears None Variety Chips W,M,S</p>	<p>12</p> <p>Honey Garlic Meat Balls W Vegetarian Meatballs W,E,S,M Mashed Potatoes & cheese M Green beans None Orange Slices None</p>	<p>13</p> <p>Chicken Quesadilla W,M Cheese Quesadilla W,M Spanish Rice None Steamed Corn None Refried Beans None Apple Slices None</p>	<p>14</p> <p>Pepperoni Pizza W,M Cheese Pizza W,M Roasted Broccoli None Fresh Sliced Cantaloupe None Tarter sauce E Red Velvet Cupcake W,M,E</p>
<p>17</p>  <p>★ Happy President's Day ★</p>	<p>18</p> <p>Ricotta Baked Ziti W,M,E Garlic Breadsticks W,M Steamed Peas None Grapes None</p>	<p>19</p> <p>Teriyaki Chicken S Rice None Vegetable Stir Fry S Honey Soy Vegetables S Vegetable Egg Rolls W,M,E Pears None</p>	<p>20</p> <p>Hamburger None Vegetarian Burger W,M,S Bakery Fresh Bun W,M Sliced American Cheese M Pickle None Diced Carrots None Sun Chips W,M,S Mixed Fruit None</p>	<p>21</p> <p>Battered Cod W,S,F Cauliflower Bites W,M,E,S Rice None Green Beans None Orange Wedges None Apple Crisp W,M</p>
<p>24</p> <p>Breaded Chicken Sandwich W,M Fried Green Tomato Sandwich E,W,M Roasted Potatoes None Green Beans None Red Seedless Grapes None</p>	<p>25</p> <p>Pancake W,E,M,S Syrup None Pork Sausage Patties None Hashbrowns None Mixed Fruit None</p>	<p>26</p> <p>Mini Corn Dogs W,M Sun Chips W,M,S Broccoli None Orange Wedges None</p>	<p>27</p> <p>Noodles M,E Sliced Chicken Breast None Garlic Breadstick W,M Honey Carrots None Banana None</p>	<p>28</p> <p>Pepperoni Pizza W,M Cheese Pizza W,M Diced Carrots None Fresh Whole Fruit None Chocolate Chip Cookie W,M,E</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