Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Tenders OR: Vegetarian Chicken

Nuggets WITH: House-Made **Honey Mustard Roasted Herb Potatoes** Grapes

Hot Dog Or Vegetarian Hotdog

WITH: Bakery Fresh Bun Baked Beans **Carrot Sticks** Honey Dew

French Toast Sticks

WITH: Syrup

Pork Sausage Patties Hashbrowns **Mandarin Oranges**

BBQ Pulled pork Sandwich

OR: Pea protein burger WITH: Bakery Fresh Bun

House Made BBQ Sauce **Green Beans** Peaches Sun Chips

Butter Noodles

Advantage

WITH:

Sliced Chicken Breast Garlic Breadstick Steamed Peas Banana

Strawberry Sheet Cake

13 **Grilled Cheese**

WITH: Tater tots Green Beans **Red Seedless Grapes** 14 **Honey Glazed Meatballs**

Or: vegetarian Meat Balls with:

Gravv **Cheesy Mashed potatoes** Mixed Vegetables **Orange Wedges**

Orange Chicken

or: Orange Battered Veg-

with: Jasmine Rice **Green Beans** Fresh Apple Wedges Sloppy Joe Sandwich Or: Pea Protein Burge 'ea Protein Burger WITH:

Bakery Fresh Bun Steamed Carrots Apple Slices Mac &Cheese

Pizza Day! Pepperoni Pizza Cheese Pizza

WITH: Roasted Broccoli Pears **Cherry Topped Pudding**

Nachos with:

Corn Tortilla Chips Nacho Cheese Sauce Sour Cream Taco Meat

Refried Beans Rice **Pineapple**

Teriyaki Chicken and Rice

or: vegetable Stir Fry with:

Honey Soy Vegetables Vegetable Egg Rolls Mixed Fruit

Turkey and Cheese or Wow Butter and Jelly

WITH:

Whole Fruit Broccoli with Ranch **Mandarin Oranges Baked Potato Chips**

24

Spaghetti WITH:

Garlic Breadsticks Steamed Peas Apple Sause

Hello Dollies With out nuts

Chicken Biscuit OR: Chicken sub on Biscuit With Sweet Potato Soufflé Steamed Broccoli

Cantaloupe

Mini Corn Dogs egetarian Corn Dog Tater tots Mixed Vegetables

Banana

with:

Sour Cream Mexicali Rice Steamed Corn Mixed Fruit

Ham & Cheese Roll-ups

Cheese Roll Up WITH:

Variety Chips Sliced Apple Sliced Cherry Tomato 31National Hot Chocolate Day

Cheese Pizza

WITH:

Diced Carrots Fresh Whole Fruit Peaches

Hot Chocolate Cupcake

Milk and Water Served with Lunch

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

January 2025

Tate's School Greenhouse

Allergen List

Monday Tuesday

Wednesday

Thursday

Friday



ChefAdvantage

6
Chicken Tenders W
Vegetarian Nuggets W,S
Honey Mustard E
Roasted Herb Potatoes
None
Grapes None

Hot Dog None
Bakery Fresh Bun W,M
Baked Beans None
Carrot Sticks None
Sliced Strawberries None

8
Whole Grain
French Toast Sticks
W,E,M,S
Syrup None
Pork Sausage Patties None
Hashbrowns None
Mandarin Oranges None

9
BBQ Pork Sandwich None
Pea Protein Burger Vegan
Bakery Fresh Bun W,M
House Made BBQ Sauce
None
Grean Beans None
Peaches None
Variety Chips W,M,S

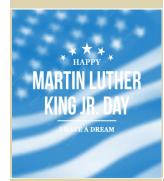
10 Noodles M Sliced Chicken Breast None Garlic Breadstick W,M Honey carrots None Banana None Strawberry Cake M,E.W

13 Grilled Cheese W,M Tater tots **w** Green Beans **None** Red Seedless Grapes **None**

Meatballs W,E
Vegan Meat Balls
None
Gravy None
Mashed Potatoes M
Mixed Vegetables None
Orange Wedges None

15 Orange Chicken W,S Vegetable Bites None Jasmine Rice None Green Beans None Fresh Apple Wedges None

Sloppy Joe Sandwich None Pea Protein Burger None Bakery Fresh Bun W,M Steamed Carrots None Apple Slices None Sun Chips W,M,S Cheese Pizza **W,M**Roasted Broccoli **None**Pears **None**Pudding Cup **M,W**



21
Corn Tortilla Chips None
Nacho Cheese Sauce M
Sour Cream M
Taco Meat None
Refried Beans None
Rice None
Pineapple None

Teriyaki Chicken S
Rice None
Vegetable Stir Fry S
Honey Soy vegetable' S
Vegetable Egg Rolls W,M,E
Mixed Fruit NONE

23
Turkey and Cheese W,M
Wow Butter and Jelly W
Whole fruit None
Broccoli None
Ranch M,E
Mandarin Oranges None
Baked Potato Chips
None

24
Spaghetti W,M,E
Garlic Breadsticks W,M
Steamed Peas None
Apple Sauce None
Hello Dollie M,E

27 Chicken Biscuit M Chicken sub on Biscuit M,W,E Sweet Potato Soufflé M Steamed Broccoli None Cantaloupe None

Mini Corn Dogs W,M
Tater Tots W
Sun Chips W,M,S
Broccoli None
Mixed Fruit None

29 Cheese Quesadilla **W,M** Sour cream **M** Mexicali Rice **None** Steamed Corn **M** Mixed Fruit **None**

30
Ham Cheese Roll-ups W,M
Cheese Roll Up W
Sliced apple None
Sliced Cherry Tomato
None

31
Cheese Pizza W,M
Diced Carrots None
Fresh Whole Fruit None
Hot Chocolate Cupcake
W,E

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