

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Teriyaki Chicken and Rice WITH: Steamed Carrots Mandarin Oranges</p>	<p>4 Cheesy Tomato Pasta WITH: Shredded Cheese Vegetable Medley Diced Peas</p>	<p>5 White Bean Chicken Chili WITH: Oyster Crackers Green Beans Diced Peaches</p>	<p>6 Whole Grain Popcorn Chicken WITH: Honey Mustard Steamed Peas Diced Pineapple</p>	<p>7 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage Waffle Syrup Strawberry Applesauce Fruit Yogurt Cup</p>
<p>10 Chicken Nuggets WITH: Ketchup Green Beans Diced Peaches</p>	<p>11 All American BBQ Hamburger WITH: Soft Bun Homemade BBQ Steamed Peas Mandarin Oranges</p>	<p>12 Twist & Shout Mac 'n Cheese WITH: Steamed Carrots Diced Applesauce</p>	<p>13 Tex Mex Turkey Soft Taco WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple</p>	<p>14 Chicken Alfredo Pasta WITH: Steamed Peas Diced Peas</p>
<p>17 Turkey Cheeseburger Mac WITH: Steamed Peas Diced Peas</p>	<p>18 Dairy Free Cheese Pizza WITH: Marinara Sauce Steamed Carrots Applesauce</p>	<p>19 Creamy Parmesan Chicken and Rice WITH: Vegetable Medley Fruit Yogurt Cup</p>	<p>20 Breaded Chicken Sandwich WITH: Soft Bun Honey Mustard Baked Beans Mandarin Oranges</p>	<p>21 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken WITH: Steamed Corn Diced Pineapple</p>
<p>24 Italian Chicken Pasta WITH: Green Beans Mandarin Oranges</p>	<p>25 Fiesta Chicken Taco WITH: Cheddar Cheese Steamed Corn Diced Peas</p>	<p>26 Turkey Meat Sauce Pasta WITH: Shredded Cheese Steamed Peas Diced Peaches</p>	<p>27 Southwest Turkey Burger !!!!! WITH: Ketchup Mashed Potato Diced Pineapple</p>	<p>28 Personal Cheese Pizza WITH: *Garden Salad w/ Italian Dressing Cinnamon Applesauce **Mixed Vegetables</p>



ChefAdvantage is 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
 This institution is an equal opportunity provider.

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

***Steamed Vegetable Substitute for**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Teriyaki Chicken** Soy, Wheat Carrots Oranges None None	4 Cheesy Tomato Pasta** DF Cheddar Cheese Vegetable Medley Pears Wheat None None None	5 Chicken Chili** Oyster Crackers Green Beans Peaches Wheat Wheat, Soy None None	6 Popcorn Chicken** Honey Mustard Peas Pineapples Soy, Wheat Egg, Soy None None	7 French Toast Sticks** Soy, Wheat, Egg, Turkey Sausage Waffle Syrup Applesauce None None None
10 Chicken Nuggets** Soy, Wheat Ketchup Green Beans Diced Peaches None None None	11 Hamburger** Soy Soft Bun Cheese Peas Mandarin Oranges Wheat Soy None None	12 Mac 'n Cheese** Wheat Carrots Applesauce None None None	13 Turkey Taco** Wheat DF Cheddar Cheese Shredded Lettuce Steamed Corn Pineapples None None None	14 Chicken Alfredo Wheat Peas Pears None None
17 Cheeseburger Mac** Wheat Peas Pears None None	18 DF Cheese Pizza** Wheat, Soy Marinara Sauce Steamed Carrots Applesauce None None None	19 Parmesan Chicken Rice** None Vegetable Yogurt None None Milk	20 Hamburger** Soy Soft Bun Honey Mustard Baked Beans Oranges Wheat Egg, Soy None None	21 Chicken Quesadilla** None Corn Pineapple None None
24 Italian Pasta** Soy, Wheat Green Beans Mandarin Oranges None None	25 Chicken Taco** Wheat DF Cheddar Cheese Steamed Corn Diced Pears None None None	26 Turkey Pasta None DF Cheese Peas Peaches None None None	27 Turkey Burger** Soy Soft Bun Ketchup Mashed Potatoes Pineapples None None None	28 DF Cheese Pizza** Wheat, Soy Garden Salad Italian Dressing *Mixed Vegetables Carrots Applesauce None None None
31 Mac 'n Cheese** Wheat Carrots Applesauce None None				



ALLERGEN KEY:

- Soy = S
- Wheat = W
- Egg = E
- Milk = M
- Fish = F

****All Pasta Products are Processed in a Facility that Uses Egg****

This list is comprised of the most common allergens we chart, including eggs, soy product, 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.

The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.