

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3 Teriyaki Chicken and Rice OR: Vegetable Teriyaki Noodles WITH: Steamed Carrots Mandarin Oranges</p>	<p>4 Cheesy Tomato Pasta WITH: Shredded Cheese Vegetable Medley Diced Pears</p>	<p>5 White Bean Chicken Chili OR: White Bean Vegetarian Chili WITH: Oyster Crackers Green Beans Diced Peaches</p>	<p>6 Whole Grain Popcorn Chicken OR: Vegetarian Nuggets WITH: Honey Mustard Steamed Peas Diced Pineapple</p>	<p>7 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Strawberry Applesauce Fruit Yogurt Cup</p>	
<p>10 National Ranch Day! Chicken Nuggets OR: Vegetarian Nuggets WITH: Homemade Ranch Green Beans Diced Peaches</p> 	<p>11 All American BBQ Hamburger OR: Gardenburger 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 OR: Bean & Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple</p>	<p>14 Chicken Alfredo Pasta OR: Creamy Alfredo Pasta WITH: Steamed Peas Diced Pears</p>	
<p>17 Turkey Cheeseburger Mac OR: Cheesy Mac WITH: Steamed Peas Diced Pears</p>	<p>18 Cheese Pizza Dippers WITH: Marinara Sauce Steamed Carrots Applesauce</p>	<p>19 Creamy Parmesan Chicken and Rice OR: Creamy Parmesan Rice WITH: Vegetable Medley Fruit Yogurt Cup</p>	<p>20 Breaded Chicken Sandwich OR: Blackbean Burger WITH: Soft Bun Honey Mustard Baked Beans Mandarin Oranges</p>	<p>21 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Steamed Corn Diced Pineapple</p>	
<p>24 Italian Chicken Pasta OR: Italian Pasta with Edamame WITH: Green Beans Mandarin Oranges</p>	<p>25 Fiesta Chicken Taco OR: Bean & Cheese Burrito WITH: Cheddar Cheese Steamed Corn Diced Pears</p>	<p>26 Turkey Meat Sauce Pasta OR: Vegetarian Ziti WITH: Shredded Cheese Steamed Peas Diced Peaches</p>	<p>27 Southwest Turkey Burger !!!!! OR: Gardenburger Southwest Ranch Mashed Potato Diced Pineapple</p> 	<p>28 Personal Cheese Pizza WITH: *Garden Salad w/ Italian Dressing Cinnamon Applesauce **Mixed Vegetables</p>	
<p>31 Twist & Shout Mac 'n Cheese WITH: Steamed Carrots Diced Applesauce</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
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 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
<p>3 Teriyaki Chicken** Soy, Wheat Carrots None Oranges None Vegetable Teriyaki** Wheat, Soy</p>	<p>4 Cheesy Tomato Pasta** Wheat, Milk Cheddar Cheese Milk Vegetable Medley None Pears None</p>	<p>5 Chicken Chili** Wheat Oyster Crackers Wheat, Soy Green Beans None Peaches None White Bean Chili** Wheat</p>	<p>6 Popcorn Chicken** Soy, Wheat Honey Mustard Egg, Soy Peas None Pineapples None Vegetarian Nuggets** Soy, Wheat</p>	<p>7 French Toast Sticks** Soy, Wheat, Egg, Milk Turkey Sausage None Waffle Syrup None Applesauce None Yogurt Milk Vegetarian Sausage** Soy, Wheat, Milk, Egg</p>
<p>10 Chicken Nuggets** Soy, Wheat, Milk Ranch Egg, Milk Green Beans None Diced Peaches None Vegetarian Nuggets** Wheat, Soy, Egg</p>	<p>11 Hamburger** Soy Soft Bun Wheat Cheese Soy, Milk Peas None Mandarin Oranges None Gardenburger** Soy, Wheat, Milk</p>	<p>12 Mac 'n Cheese** Wheat, Milk Carrots None Applesauce None</p>	<p>13 Turkey Taco** Wheat Cheddar Cheese Milk Shredded Lettuce None Steamed Corn None Pineapples None Bean & Cheese** Burrito Wheat, Milk</p>	<p>14 Chicken Alfredo Milk, Wheat Peas None Pears None Alfredo Pasta** Milk, Wheat</p>
<p>17 Cheeseburger Mac** Milk, Wheat Peas None Pears None Cheesy Mac** Milk, Wheat</p>	<p>18 Cheese Pizza Dippers** Soy, Wheat, Milk, Egg Marinara Sauce None Steamed Carrots None Applesauce None</p>	<p>19 Parmesan Chicken Rice** Milk Vegetable None Yogurt Milk Creamy Parmesan Rice** Milk</p>	<p>20 Hamburger** Soy Soft Bun Wheat Honey Mustard Egg, Soy Baked Beans None Oranges None Gardenburger** Soy, Wheat, Milk</p>	<p>21 Chicken Quesadilla** None Corn None Pineapple None Bean and Cheese Quesadilla** Wheat, Milk</p>
<p>24 Italian Pasta** Soy, Wheat, Milk Green Beans None Mandarin Oranges None Edamame Pasta* Soy, Wheat</p>	<p>25 Chicken Taco** Wheat Cheddar Cheese Milk Steamed Corn None Diced Pears None Bean & Cheese Burrito** Wheat, Milk</p>	<p>26 Turkey Pasta Cheese Milk Peas None Peaches None Vegetarian Pasta** Wheat, Milk</p>	<p>27 Turkey Burger** Soy Soft Bun None Southwest Ranch Wheat Mashed Potatoes Milk, Egg Pineapples None Gardenburger** Soy, Wheat, Milk</p>	<p>28 Cheese Pizza** Milk, Wheat, Soy Garden Salad None Italian Dressing None *Mixed Vegetables None Carrots None Applesauce None</p>
<p>31 Mac 'n Cheese** Wheat, Milk Carrots None Applesauce None</p>				



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.