

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>  <b>Chicken Alfredo Pasta</b>  <b>OR: Creamy Alfredo Pasta</b>  <b>WITH:</b>                      Green Beans                      Baby Carrots                      w/ Ranch Dressing                      Cinnamon Applesauce</p>	<p><b>4</b>  <b>All American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b>                      Baked Beans                      Romaine Salad                      w/ Ceasar Dressing                      Diced Peaches</p>	<p><b>5</b>  <b>Cheese Pizza Dippers</b>  <b>WITH:</b>                      Marinara Sauce                      Steamed Peas                      Diced Pineapples</p>	<p><b>6</b>  <b><u>Breakfast for Lunch!</u></b>  <b>Whole Grain French Toast Sticks</b>  <b>OR: Vegetarian Sausage</b>  <b>WITH:</b>                      Turkey Sausage                      Breakfast Potatoes                      100% Vegetable Juice                      Diced Pears</p>	<p><b>7</b>  <b>Pizza Fridays!</b>  <b>Hand Tossed Turkey Pepperoni Pizza</b>  <b>OR: Hand Tossed Cheese Pizza</b>  <b>WITH:</b>                      Garden Salad                      w/ Ranch Dressing                      Rainbow Fruit Salad</p>
<p><b>10</b>  <b><u>National Ranch Day!</u></b>  <b>Cheesy Ziti Pasta</b>  <b>WITH:</b>                      Steamed Corn                      Celery Sticks                      w/ Ranch Dressing                      Diced Peaches</p> 	<p><b>11</b>  <b>Macho Beef Nachos</b>  <b>OR: Bean &amp; Cheese Nachos</b>  <b>WITH:</b>                      Salsa &amp; Tortilla Chips                      Pinto Beans                      Fuji Apple</p>	<p><b>12</b>  <b>Korean Beef and Rice</b>  <b>OR: Korean Garden burger Crumbles &amp; Rice</b>  <b>WITH:</b>                      Mixed Vegetables                      Baby Carrots                      w/ Ranch Dressing                      Diced Watermelon</p>	<p><b>13</b>  <b>Creamy Parmesan Chicken and Rice</b>  <b>OR: Creamy Parmesan Tofu and Rice</b>  <b>WITH:</b>                      Steamed Peas                      Romaine Salad                      w/ Ranch Dressing                      Diced Pears</p>	<p><b>14</b>  <b>Pizza Fridays!</b>  <b>Hand Tossed Turkey Pepperoni Pizza</b>  <b>OR: Hand Tossed Cheese Pizza</b>  <b>WITH:</b>                      Garden Salad                      w/ Ceasar Dressing                      Tropical Fruit</p>
<p><b>17</b>  <b>Cheeseburger Mac</b>  <b>OR: Vegetarian Cheeseburger Mac</b>  <b>WITH:</b>                      Steamed Peas                      Celery Sticks                      w/ Ranch Dressing                      Diced Pears</p>	<p><b>18</b>  <b><u>National Corn Dog Day!</u></b>  <b>Chicken Corn Dog</b>  <b>OR: Vegetarian Nuggets</b>  <b>WITH:</b>                      Steamed Carrots                      Romaine Salad                      w/ Italian Dressing                      Fresh Red Grapes</p> 	<p><b>19</b>  <b>Grilled Chicken Sandwich</b>  <b>OR: Blackbean Burger</b>  <b>WITH:</b>                      Steamed Corn                      Celery Sticks                      w/ Ranch Dressing                      Diced Peaches</p>	<p><b>20</b>  <b>Fiesta Chicken Taco on a Soft Tortilla</b>  <b>OR: Bean &amp; Cheese Burrito</b>  <b>WITH:</b>                      Salsa &amp; Tortilla Chips                      Black Beans                      Apple Wedges</p>	<p><b>21</b>  <b>Pizza Fridays!</b>  <b>Hand Tossed Turkey Pepperoni Pizza</b>  <b>OR: Hand Tossed Cheese Pizza</b>  <b>WITH:</b>                      Garden Salad                      w/ Ranch Dressing                      Mixed Up Fruit Cup</p>
<p><b>24</b>  <b>Beefy Taco Pasta</b>  <b>OR: Taco Pasta</b>  <b>WITH:</b>                      Steamed Corn                      Carrot Sticks                      w/ Ranch Dressing PC                      Fuji Apple</p> 	<p><b>25</b>  <b>Chef-fil-a Breaded Chicken Sandwich</b>  <b>OR: Gardenburger</b>  <b>WITH:</b>                      Baked Beans                      Romaine Salad                      w/ Ceasar Dressing                      Fresh Orange Wedges</p>	<p><b>26</b>  <b>All-Beef Hot Dog</b>  <b>OR: Meatless Meatball Sub</b>  <b>WITH:</b>                      Maple Butternut Squash                      Celery Sticks                      w/ Ranch Dressing                      Diced Pears</p>	<p><i>Early Dismissal</i></p>	
<p><b>31</b>  <b>Macaroni And Cheese</b>  <b>WITH:</b>                      Mixed Vegetables                      Steamed Carrots                      Diced Pears</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.

**Place Your Order Online at:**  
<https://ChefAdvantage.Boonli.com>

**V= Vegetarian Entrée Options**

**Milk is Included with All Meals**  
 Choose 1% White or Fat Free Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <b>Salad Meal:</b> - Diced Turkey and Cheese Cracker Plate - Tuna Pasta Salad Plate with Crackers <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Southwest Wrap - Dairy Free Turkey Sandwich</p>	<p><b>4</b> <b>Salad Meal:</b> - Breaded Chicken Salad - Chicken Salad Plate <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Build your own Pita Pizza - Dairy Free Turkey Sandwich</p>	<p><b>5</b> <b>Salad Meal:</b> - Chicken Caesar Salad - Fiesta Chicken Taco Salad <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Sandwich</p>	<p><b>6</b> <b>Salad Meal:</b> - Chef Salad with Sliced Turkey - Fresh Fruit and Yogurt Plate with Granola <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Crispy Chicken Wrap - Dairy Free Turkey Sandwich</p>	<p><b>7</b> <b>Salad Meal:</b> - Chicken Salad Plate - Vegetarian Cobb Salad <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Chicken Salad Sandwich - Dairy Free Turkey Sandwich</p>
<p><b>10</b> <b>Salad Meal:</b> - Pasta Salad Plate with Crackers - Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> - Buffalo Chicken Wrap - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p><b>11</b> <b>Salad Meal:</b> - Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges - Breaded Chicken Salad <b>Sandwich Meal:</b> - Grilled Chicken Breast on a Wheat Bun - Two Cheese Sandwich - Dairy Free Turkey Ham Sandwich</p>	<p><b>12</b> <b>Salad Meal:</b> - Build Your Own Nacho Plate - Fresh Fruit and Yogurt Plate with Granola <b>Sandwich Meal:</b> - Turkey &amp; Cheese Croissant - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p><b>13</b> <b>Salad Meal:</b> - Breaded Chicken Salad - Tuna Salad Plate with Pita Points <b>Sandwich Meal:</b> - Soybutter &amp; Jelly on Wheat Bread - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p><b>14</b> <b>Salad Meal:</b> - Fiesta Chicken Taco Salad - Chicken Salad Plate <b>Sandwich Meal:</b> - Southwest Wrap - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>
<p><b>17</b> <b>Salad Meal:</b> - Fresh Fruit and Yogurt Plate with Granola - Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> - Crispy Chicken Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p><b>18</b> <b>Salad Meal:</b> - Chicken Salad Plate - Vegetarian Cobb Salad <b>Sandwich Meal:</b> - Grilled Chicken Breast on Wheat - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p><b>19</b> <b>Salad Meal:</b> - Chicken Caesar Salad - Black Bean &amp; Corn Salad with Tortilla Chips <b>Sandwich Meal:</b> - Build your own Pita Pizza - Turkey &amp; Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p><b>20</b> <b>Salad Meal:</b> - Diced Turkey and Cheese Cracker Plate - Fiesta Chicken Taco Salad <b>Sandwich Meal:</b> - Grilled Vegetable Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>	<p><b>21</b> <b>Salad Meal:</b> - Fiesta Chicken Taco Salad - Build your Own Nacho <b>Sandwich Meal:</b> - Two Cheese Sandwich - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich</p>
<p><b>24</b> <b>Salad Meal:</b> - Diced Turkey and Cheese Cracker Plate - Pasta Salad Plate with Crackers <b>Sandwich Meal:</b> - Two Cheese Sandwich - Crispy Chicken Wrap - Dairy Free Turkey Ham Sandwich</p>	<p><b>25</b> <b>Salad Meal:</b> - Fiesta Chicken Taco Salad - Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> - Crispy Chicken Wrap - Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Ham Sandwich</p>	<p><b>26 National Spinach Day!</b> <b>Salad Meal:</b> - Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges - Pasta Salad Plate with Crackers <b>Sandwich Meal:</b> - Crispy Chicken Wrap - Build your own Pita Pizza - Dairy Free Turkey Ham Sandwich</p>	<p><i>Early Dismissal</i></p>	



**Chef Advantage**

**SANDWICH & SALAD MEALS**

**V = Vegetarian Entrée**

Includes Two Vegetable Sides and Fruit of the Day

**Milk & Water Available for Purchase**

Choose 1% White or Fat Free Chocolate Milk

**Weekly Vegetable Sides:**

**Monday:** Baby Carrots with Hummus

**Tuesday:** Southern Style Potato Salad and Cucumber Salad

**Wednesday:** Celery Sticks with Ranch Dip & Kale Salad with Poppy Seed Dressing

**Thursday:** Three Bean Salad and Baby Carrots with Ranch Dip

**Friday:** Southern Style Potato Salad and Kale Salad with Poppy Seed Dressing

**Fruit of the Day is Served with Every Meal**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Alfredo</b> Wheat, Milk, Soy Green Beans <b>None</b> Carrots <b>None</b> Ranch <b>Egg, Milk</b> Applesauce <b>None</b> <b>Alfredo Pasta</b> Milk, Wheat	<b>4</b> Hamburger <b>Soy</b> Bun <b>Wheat</b> Cheese <b>Soy, Milk</b> Baked Beans <b>None</b> Salad <b>None</b> Ceasar <b>Fish, Egg, Milk</b> Peaches <b>None</b> <b>Gardenburger</b> Soy, Wheat, Milk	<b>5</b> <b>Cheese Pizza Dippers</b> Wheat, Egg, Soy, Milk Marinara Sauce <b>None</b> Steamed Peas <b>None</b> Pineapples <b>None</b>	<b>6</b> Turkey Sausage <b>None</b> French Toast Sticks <b>Egg, Milk, Soy, Wheat</b> Juice <b>None</b> Potatoes <b>Soy</b> Pears <b>None</b> Vegetarian Sausage Wheat, Egg, Soy, Milk	<b>7</b> Pizza <b>Milk, Wheat, Soy</b> Salad <b>None</b> Ranch <b>Egg, Milk</b> Fruit Salad <b>None</b>
<b>10</b> <b>Cheesy Ziti</b> <b>Milk, Wheat</b> Corn <b>None</b> Celery <b>None</b> Ranch <b>Egg, Milk</b> Peaches <b>None</b>	<b>11</b> <b>Macho Beef Nachos</b> <b>Milk</b> Salsa <b>None</b> Chips <b>None</b> Pinto Beans <b>None</b> Apple <b>None</b> <b>Bean &amp; Cheese Nachos</b> Soy, Wheat, Milk	<b>12</b> <b>Korean Beef and Rice</b> Vegetable Medley <b>None</b> Carrots <b>None</b> Ranch <b>Egg, Milk</b> Watermelon <b>None</b> <b>Korean Garden burger</b> <b>Crumbles &amp; Rice</b> Soy, Milk, Wheat	<b>13</b> <b>Chicken &amp; Rice</b> <b>Milk, Soy</b> Peas <b>None</b> Salad <b>None</b> Ranch <b>Egg, Milk</b> Pears <b>None</b> <b>Parmesan Rice</b> Soy, Milk	<b>14</b> Pizza <b>Milk, Wheat, Soy</b> Salad <b>None</b> Ceasar <b>Fish, Egg, Milk</b> Fruit Salad <b>None</b>
<b>17</b> <b>Cheeseburger Mac</b> Wheat, Milk Celery <b>None</b> Ranch <b>Egg, Milk</b> Peas <b>None</b> Pears <b>None</b> <b>Vegetarian Cheeseburger</b> <b>Mac</b> Wheat, Soy, Milk	<b>18</b> <b>Chicken Corn Dog</b> Soy, Wheat, Milk, Egg Salad <b>None</b> Italian <b>None</b> Carrots <b>None</b> Grapes <b>None</b> <b>Vegetarian Nuggets</b> Wheat, Soy, Eggs	<b>19</b> <b>Grilled Chicken</b> <b>None</b> Bun <b>Wheat</b> Celery <b>None</b> Ranch <b>Egg, Milk</b> Corn <b>None</b> Peaches <b>None</b> <b>Black Bean Burger</b> Soy, Wheat	<b>20</b> <b>Chicken Taco</b> <b>Wheat, Milk</b> Salsa <b>None</b> Tortilla Chips <b>None</b> Black Beans <b>None</b> Apple Wedges <b>None</b> <b>Bean &amp; Cheese Burrito</b> Soy, Wheat, Milk	<b>21</b> Pizza <b>Milk, Wheat, Soy</b> Salad <b>None</b> Ranch <b>Egg, Milk</b> Fruit Salad <b>None</b>
<b>24</b> <b>Beefy Taco Pasta</b> Wheat, Milk Corn <b>None</b> Carrot Sticks <b>None</b> Ranch <b>Egg, Milk</b> <b>Taco Pasta</b> <b>Wheat, Milk</b>	<b>25</b> <b>Chicken Sandwich</b> <b>Soy, Wheat</b> Salad <b>None</b> Ceasar <b>Fish, Egg, Milk</b> Baked Beans <b>None</b> Orange Wedges <b>None</b> <b>Gardenburger</b> Soy, Wheat, Milk	<b>26</b> <b>Hot Dog</b> <b>Soy, Wheat</b> Butternut squash <b>None</b> Celery <b>None</b> Ranch <b>Egg, Milk</b> Pears <b>None</b> <b>Meatless Meatball Sub</b> Wheat, Egg, Milk	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p><i>Early Dismissal</i></p> </div>	
<b>31</b> <b>Mac &amp; Cheese</b> <b>Wheat, Milk</b> Vegetables <b>None</b> Carrots <b>None</b> Pears <b>None</b>				


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**\*\*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.

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<p><b>3</b>  <b>Salad Meal:</b>                      Turkey &amp; Cheese W, M                      Tuna Salad Plate E, W, F</p> <p><b>Sandwich Meal:</b>                      Southwest Wrap W, E, M, S                      Vegetable Wrap S, W, M                      DF Sandwich W</p> <p>Baby Carrots None                      Hummus None                      Fruit None</p>	<p><b>4</b>  <b>Salad Meal:</b>                      Chicken Salad W, E, M, S                      Chicken Salad P W, E, M</p> <p><b>Sandwich Meal:</b>                      Vegetable Wrap S, W, M                      Pita Pizza W, M                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Cucumber Salad None                      Fruit None</p>	<p><b>5</b>  <b>Salad Meal:</b>                      Caesar Salad F, M, E, W                      Taco Salad S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Turkey Bologna E, W, M                      Vegetable Wrap S, W, M</p> <p>DF Sandwich W                      Celery Sticks None                      Ranch E, M                      Kale Salad E                      Fruit None</p>	<p><b>6</b>  <b>Salad Meal:</b>                      Chef Salad W, E, M, S                      Yogurt Plate S, W, M, E</p> <p><b>Sandwich Meal:</b>                      Chicken Wrap S, W, M, E                      Vegetable Wrap S, W, M                      DF Sandwich W</p> <p>Three Bean None                      Carrots None                      Ranch E, M                      Fruit None</p>	<p><b>7</b>  <b>Salad Meal:</b>                      Chicken Salad P W, E, M                      Cobb Salad S, E, W, M</p> <p><b>Sandwich Meal:</b>                      -Chicken Salad Sandwich                      Vegetable Wrap S, W, M                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Broc &amp; Tom Salad None                      Fruit None</p>
<p><b>10</b>  <b>Salad Meal:</b>                      Pasta Salad Plate W, M                      Turkey &amp; Cheese W, M</p> <p><b>Sandwich Meal:</b>                      Buffalo Wrap S, W, M, E                      Grilled Chicken S, W, M, E                      DF Sandwich W</p> <p>Baby Carrots None                      Hummus None                      Fruit None</p>	<p><b>11</b>  <b>Salad Meal:</b>                      Chicken Salad W, E, M, S                      Chicken Salad W, E, M, S</p> <p><b>Sandwich Meal:</b>                      Grilled Chicken S, W, M, E                      Two Cheese W, M                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Cucumber Salad None                      Fruit None</p>	<p><b>12</b>  <b>Salad Meal:</b>                      Nacho Plate S, W, M, E                      Yogurt Plate S, W, M, E</p> <p><b>Sandwich Meal:</b>                      Croissant S, W, M, E                      Grilled Chicken S, W, M, E</p> <p>DF Sandwich W                      Celery Sticks None                      Ranch E, M                      Kale Salad E                      Fruit None</p>	<p><b>13</b>  <b>Salad Meal:</b>                      Chicken Salad W, E, M, S                      Tuna Salad Plate E, W, F</p> <p><b>Sandwich Meal:</b>                      Soybutter &amp; Jelly S, W, M                      Grilled Chicken S, W, M, E                      DF Sandwich W</p> <p>Three Bean None                      Carrots None                      Ranch E, M                      Fruit None</p>	<p><b>14</b>  <b>Salad Meal:</b>                      Taco Salad S, W, E, M                      Chicken Salad P S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Southwest Wrap W, E, M, S                      Grilled Chicken S, W, M, E                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Broc &amp; Tom Salad None                      Fruit None</p>
<p><b>17</b>  <b>Salad Meal:</b>                      Pasta Salad Plate W, M                      Turkey &amp; Cheese W, M</p> <p><b>Sandwich Meal:</b>                      Chicken Wrap S, W, M, E                      Croissant S, W, M, E                      DF Sandwich W</p> <p>Baby Carrots None                      Hummus None                      Fruit None</p>	<p><b>18</b>  <b>Salad Meal:</b>                      Chicken Salad P W, E, M                      Cobb Salad S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Grilled Chicken S, W, M, E                      Croissant S, W, M, E                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Cucumber Salad None                      Fruit None</p>	<p><b>19</b>  <b>Salad Meal:</b>                      Caesar Salad F, M, E, W                      Black Bean Plate W, E, M</p> <p><b>Sandwich Meal:</b>                      Pita Pizza W, M                      Croissant S, W, M, E</p> <p>DF Sandwich W                      Celery Sticks None                      Ranch E, M                      Kale Salad E                      Fruit None</p>	<p><b>20</b>  <b>Salad Meal:</b>                      Turkey &amp; Cheese W, M                      Taco Salad S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Vegetable Wrap S, W, M                      Croissant S, W, M, E</p> <p>DF Sandwich W                      Three Bean None                      Carrots None                      Ranch E, M                      Fruit None</p>	<p><b>21</b>  <b>Salad Meal:</b>                      Taco Salad S, W, E, M                      Nacho Plate S, W, M</p> <p><b>Sandwich Meal:</b>                      Two Cheese W, M                      Croissant S, W, M, E                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Broc &amp; Tom Salad None                      Fruit None</p>
<p><b>24</b>  <b>Salad Meal:</b>                      Turkey &amp; Cheese W, M                      Pasta Salad Plate W, M</p> <p><b>Sandwich Meal:</b>                      Two Cheese W, M                      Chicken Wrap S, W, M, E                      DF Sandwich W</p> <p>Baby Carrots None                      Hummus None                      Fruit None</p>	<p><b>25</b>  <b>Salad Meal:</b>                      Taco Salad S, W, E, M                      Turkey &amp; Cheese W, M</p> <p><b>Sandwich Meal:</b>                      Chicken Wrap S, W, M, E                      Grilled Chicken S, W, M, E                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Cucumber Salad None                      Fruit None</p>	<p><b>26</b>  <b>Salad Meal:</b>                      Chicken Salad W, E, M                      Pasta Salad Plate W, M</p> <p><b>Sandwich Meal:</b>                      Chicken Wrap S, W, M, E                      DF Sandwich W                      Celery Sticks None                      Ranch E, M                      Kale Salad E                      Fruit None</p>	<p><b>27</b>                      Early                      Dismissal</p>	<p><b>28</b>  <b>Salad Meal:</b>                      Chef Salad W, E, M, S                      Nacho Plate S, W, M</p> <p><b>Sandwich Meal:</b>                      Chicken Wrap S, W, M, E                      Vegetable Wrap S, W, M                      DF Sandwich W</p> <p>Potato Salad E, F, S                      Broc &amp; Tom Salad None                      Fruit None</p>
<p><b>31</b>  <b>Salad Meal:</b>                      Pasta Salad Plate W, M                      Tuna Salad Plate E, W, F</p> <p><b>Sandwich Meal:</b>                      Croissant S, W, M, E                      Two Cheese W, M                      DF Sandwich W</p> <p>Baby Carrots None                      Hummus None                      Fruit None</p>				



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**ALLERGEN KEY:**  
 Soy = S  
 Wheat = W  
 Egg = E  
 Milk = M  
 Fish = F

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