

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/ Caesar 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>Breakfast for Lunch!</b>  <b>Whole Grain French Toast Sticks</b>  <b>OR: Vegetarian Sausage</b>  <b>WITH:</b> Waffle Syrup                      Turkey Sausage                      Breakfast Potatoes                      100% Vegetable Juice                      Diced Pears</p>	<p><b>7</b>  </p>
<p><b>10</b>  <b>National Ranch Day!</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/ Caesar 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>National Corn Dog Day!</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>  </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: Blackbean Burger</b>  <b>WITH:</b>                      Baked Beans                      Romaine Salad                      w/ Caesar 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><b>27</b>  <b>Popcorn Chicken</b>  <b>OR: Vegetarian Nuggets</b>  <b>WITH:</b>                      Dill Pickles                      Potato Smiles                      Diced Peaches</p>	<p><b>28</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/ Caesar Dressing                      Verry Berry Fruit Salad</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.  
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**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>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</p>	<p><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</p>	<p><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></p>	<p><b>6</b>                      Turkey Sausage <b>None</b>                      French Toast Sticks                      Egg, Milk, Soy, Wheat                      Juice <b>None</b>                      Potatoes <b>Soy</b>                      Pears <b>None</b>                      Vegetarian Sausage                      Wheat, Egg, Soy, Milk</p>	<p><b>7</b>  <i>Virtual Day</i></p>
<p><b>10</b>  <b>Cheesy Ziti</b>                      Shredded Cheese <b>Wheat</b>                      Corn <b>Milk</b>                      Celery <b>None</b>                      Ranch <b>None</b>                      Peaches <b>Egg, Milk</b>  <b>None</b></p>	<p><b>11</b>  <b>Macho Beef Nachos</b>                      Salsa <b>Milk</b>                      Chips <b>None</b>                      Pinto Beans <b>None</b>                      Apple <b>None</b>  <b>Bean &amp; Cheese Nachos</b>                      Soy, Wheat, Milk</p>	<p><b>12</b>  <b>Korean Beef &amp; Rice</b>                      Vegetable Medley <b>Soy</b>                      Carrots <b>None</b>                      Ranch <b>None</b>                      Watermelon <b>Egg, Milk</b>  <b>Korean Garden burger</b>  <b>Crumbles &amp; Rice</b>                      Soy, Milk, Wheat</p>	<p><b>13</b>  <b>Chicken and Rice</b>                      Peas <b>Milk, Soy</b>                      Salad <b>None</b>                      Ranch <b>None</b>                      Pears <b>Egg, Milk</b>  <b>Parmesan Rice</b>                      Soy, Milk</p>	<p><b>14</b>                      Pizza                      Salad <b>Milk, Wheat, Soy</b>                      Ceasar <b>None</b>                      Fruit Salad <b>Fish, Egg, Milk</b>  <b>None</b></p>
<p><b>17</b>  <b>Cheeseburger Mac</b>                      Celery <b>Wheat, Milk</b>                      Ranch <b>None</b>                      Peas <b>Egg, Milk</b>                      Pears <b>None</b>  <b>Vegetarian Cheeseburger</b>  <b>Mac</b>                      Wheat, Soy, Milk</p>	<p><b>18</b>  <b>Chicken Corn Dog</b>                      Salad <b>Soy, Wheat, Milk, Egg</b>                      Italian <b>None</b>                      Carrots <b>None</b>                      Grapes <b>None</b>  <b>Vegetarian Nuggets</b>                      Wheat, Soy, Eggs</p>	<p><b>19</b>  <i>Virtual Day</i></p>	<p><b>20</b>  <b>Chicken Taco</b>                      Salsa <b>Wheat, Milk</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</p>	<p><b>21</b>                      Pizza                      Salad <b>Milk, Wheat, Soy</b>                      Ranch <b>None</b>                      Fruit Salad <b>Egg, Milk</b>  <b>None</b></p>
<p><b>24</b>  <b>Beefy Taco Pasta</b>                      Corn <b>Wheat, Milk</b>                      Carrot Sticks <b>None</b>                      Ranch <b>None</b>  <b>Taco Pasta</b>                      Egg, Milk                      Wheat, Milk</p>	<p><b>25</b>  <b>Chicken Sandwich</b>                      Salad <b>Soy, Wheat</b>                      Ceasar <b>None</b>                      Baked Beans <b>Fish, Egg, Milk</b>                      Orange Wedges <b>None</b>  <b>Blackbean Burger</b>                      Wheat, Milk</p>	<p><b>26</b>  <b>Hot Dog</b>                      Butternut squash <b>Soy, Wheat</b>                      Celery <b>None</b>                      Ranch <b>None</b>                      Pears <b>Egg, Milk</b>  <b>Meatless Meatball Sub</b>                      Wheat, Egg, Milk</p>	<p><b>27</b>                      Popcorn Chicken                      Dill Pickles <b>Soy, Wheat</b>                      Potato Smiles <b>None</b>                      Peaches <b>None</b>  <b>Vegetarian Nuggets</b>                      Wheat, Soy, Eggs</p>	<p><b>28</b>                      Pizza                      Salad <b>Milk, Wheat, Soy</b>                      Ceasar <b>None</b>                      Fruit Salad <b>Fish, Egg, Milk</b>  <b>None</b></p>
<p><b>31</b>  <b>Mac &amp; Cheese</b>                      Vegetables <b>Wheat, Milk</b>                      Carrots <b>None</b>                      Pears <b>None</b></p>				

**\*\*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.

