

March 2025	Tate's School Farm				Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3 National Cold Cut Day</b> <b>Italian Sub</b> <b>OR: Vegetarian Sub</b> WITH: Pasta Salad Sliced Red Onion Shredded Lettuce Sliced Tomato Whole Fruit	<b>4 Chicken Quesadilla</b> <b>OR: Cheese Quesadilla</b> WITH: Salsa Verde Mexicali Rice Street Corn Fresh Whole Fruit	<b>5 Beef Shepherd's Pie</b> <b>OR: Vegetarian Shepherd's Pie</b> WITH: Brown Gravy Green Beans Apple Slices	<b>6 Soup Combo Day</b> <b>Pulled Pork Sandwich</b> <b>OR: Fried Green Tomato Sandwich</b> WITH: Bakery Fresh Bun House Made BBQ Sauce Broccoli Cheese Soup Pickle Spears Fresh Whole Fruit	<b>7 National Flapjack Day &amp; National Cereal Day</b> <b>Flapjacks</b> WITH: Syrup Pork Sausage Patties Hashbrowns Mandarin Oranges Rice Krispie Treat	
<b>10 Three-Cheese Grilled Cheese</b> WITH: Roasted potatoes Green Beans Red Seedless Grapes	<b>11 Turkey Meatloaf</b> <b>Or: Vegetarian Meat Balls with:</b> Gravy Mashed potatoes Mixed Vegetables Orange Wedges	<b>12 Orange Chicken</b> <b>or: Orange Battered Vegetable Bites</b> with: Jasmine Rice Roasted Broccoli Fresh Apple Wedges	<b>13 Soup Combo Day</b> <b>Meatball sub</b> <b>OR: Vegetarian Meat ball Sub</b> with: Mozzarella Cheese Pasta Salad Lentil Soup Mixed Fruit Lima Beans	<b>14 Pepperoni Pizza</b> <b>Cheese Pizza</b> with: Diced Carrots Fresh Whole Fruit Honey dew Irish sugar cookie	



<b>24 National Cheese Steak Day</b> <b>Cheese Steak Sandwich</b> <b>or: Mushroom, Onion, Pepper Cheese Hoagie</b> with: Bakery Fresh Bun Fresh Whole Fruit Roasted potatoes	<b>25 International Waffle Day</b> <b>Homestyle Waffles</b> WITH: Pork Sausage Patties Shredded Hashbrowns Diced Peaches	<b>26 National Spinach Day</b> <b>Spinach Pesto Pasta</b> with: Garlic Breadsticks Vegetable Medley Fresh Whole Fruit Brownies	<b>27 All American Hamburger</b> <b>OR: Vegetarian Burger</b> with: Bakery Fresh Bun Sliced American Cheese Lettuce, Tomato, Pickle Watermelon Wedge Variety chips	<b>28 Pepperoni Pizza</b> <b>Cheese Pizza</b> with: Roasted Broccoli Fresh Sliced Melon Yellow Cupcake with fudge icing
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<b>31 National Tater Day</b> <b>Baked Potato Bar</b> WITH: Bacon Bits Chili Cheese Sauce Sour Cream Whipped Butter Honey carrots
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**Daily Options:**

Variety Of Deli Sandwiches

Lettuce Eat! Salad Bar

NEW! Balanced Bite Hot Bar



**Milk and Water Served with Lunch Daily**

**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](http://www.ChefAdvantage.com)

March 2025	Tate's School Farm				Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Italian Sub <b>W,M</b> Vegetarian Sub <b>W,M</b> Pasta Salad <b>W,M</b> Sliced Red Onion <b>None</b> Sliced Tomato <b>None</b> Shredded Lettuce <b>None</b> Mixed Fruit <b>None</b>	4 Chicken Quesadilla <b>W,M</b> Cheese Quesadilla <b>W,M</b> Salsa Verde <b>None</b> Mexicali Rice <b>None</b> Street Corn <b>M,E</b> Fresh Whole Fruit <b>None</b>	5 Beef Shepherd's Pie <b>W,E,M</b> Vegetarian Shepherd's Pie <b>W,M,E</b> Brown Gravy <b>W,M</b> Green Beans <b>None</b> Apple Slices <b>None</b>	6 Pulled Pork <b>None</b> Fried Green Tomato <b>W,E,S</b> Bakery Fresh Bun <b>W,M</b> House Made BBQ Sauce <b>None</b> Pickle Spears <b>None</b> Fresh Whole Fruit <b>None</b> Broccoli cheese Soup <b>M</b>	7 Pancakes <b>W,E,M,S</b> Syrup <b>None</b> Pork Sausage Patties <b>None</b> Hashbrowns <b>None</b> Mandarin Oranges <b>None</b> <b>M</b> Rice Krispie Treat <b>M,S</b>	
10 Grilled Cheese <b>W,M</b> Roasted Potatoes <b>None</b> Green Beans <b>None</b> Red Seedless Grapes <b>None</b>	11 Turkey Meatloaf <b>W,E</b> Vegetarian Meat Balls <b>W,S,E</b> Gravy <b>None</b> Mashed potatoes <b>M</b> Mixed Vegetables <b>None</b> Orange Wedges <b>None</b>	12 Orange Chicken <b>W,S</b> Vegetable Bites <b>None</b> Jasmine Rice <b>None</b> Roasted Broccoli <b>None</b> Fresh Apple Wedges <b>None</b>	13 Meat ball sub <b>W</b> OR: Vegetarian Meat ball Sub WITH: MOZZARELLA CHEESE <b>M</b> Pasta Salad <b>W</b> Mixed Fruit <b>None</b> Lima Beans <b>None</b> Lentil Soup <b>None</b>	14 Pepperoni Pizza <b>W,M</b> Cheese Pizza <b>W,M</b> Diced Carrots <b>None</b> Fresh Whole Fruit <b>None</b> Irish Sugar Cookie <b>W,M,E</b>	



24 Cheese Steak <b>M</b> Pepper, Onion, Mushroom, Cheese <b>M</b> Bakery Fresh Bun <b>W,M</b> Fresh Whole Fruit <b>None</b> Variety Chips <b>W,M,S</b> Roasted Potatoes <b>None</b>	25 Homestyle Waffles <b>W,M</b> Syrup <b>None</b> Pork Sausage Patties <b>None</b> Shredded Hashbrowns <b>None</b> Diced Peaches <b>None</b>	26 Spinach Pesto Pasta <b>W,M</b> Garlic Breadsticks <b>W,M</b> Vegetable Medley <b>None</b> Fresh Whole Fruit <b>None</b>	27 Hamburger <b>None</b> Vegetarian Burger <b>W,S</b> Bakery Fresh Bun <b>W,M</b> Sliced American Cheese <b>M</b> Lettuce, Tomato, Pickle <b>None</b> Watermelon Wedge <b>None</b> Variety Chips <b>W,M,S</b>	28 Pepperoni Pizza <b>W,M</b> Cheese Pizza <b>W,M</b> Roasted Broccoli <b>None</b> Fresh Sliced Melon <b>None</b> Yellow Cupcake with Fudge Icing <b>W,M,E</b>
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31 Baked Potato <b>None</b> Bacon Bits <b>None</b> Chili <b>none</b> Cheese <b>M</b> Sour Cream <b>M</b> Whipped Butter <b>M</b> Green Onion <b>None</b> Honey Carrots <b>None</b> Orange Wedges <b>None</b>
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**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.