

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Homestyle Beef Chili</b> <b>OR: Vegetarian Chili</b> <b>WITH:</b> Shredded Cheese Steamed Corn Romaine Salad w/ Italian Dressing Diced Pears	<b>2</b> <b>Spaghetti in Meat Sauce</b> <b>OR: Eggplant Parmesan</b> <b>WITH:</b> Whole Wheat Breadstick Steamed Peas Baby Carrots w/ Ranch Dressing Diced Pineapples	<b>3</b> <b>Chicken Quesadilla</b> <b>OR: Bean and Cheese Burrito</b> <b>WITH:</b> Black Beans Mixed Vegetables Diced Peaches	<b>4</b> <b>Pizza Fridays!</b> <b>Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad w/ Ceasar Dressing Melon Mania
7	8	9	10	11
<p><i>School Closed</i></p>				
<b>14</b> <b>Mama Mia Marinara Beef Meatball Sub</b> <b>OR: Meatless Meatball Sub</b> <b>WITH:</b> Celery Sticks w/ Ranch Dressing Maple Butternut Squash Mandarin Oranges	<b>15</b> <b>Chicken Corn Dog</b> <b>OR: Vegetarian Nuggets</b> <b>WITH:</b> Potato Smiles Romaine Salad w/ Italian Dressing Fuji Apple	<b>16</b> <b>All American Hamburger</b> <b>OR: Gardenburger</b> <b>WITH:</b> Steamed Corn Baby Carrots w/ Ranch Dressing Diced Peaches	<b>17</b> <b>Rotisserie Chicken Drumsticks</b> <b>OR: Macaroni and Cheese</b> <b>WITH:</b> Southern Black-Eyed Peas Celery Sticks w/ Ranch Dressing Diced Pineapples 	<b>18</b> <b>Pizza Fridays!</b> <b>Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad w/ Ceasar Dressing Tropical Fruit Salad
<b>21</b> <b>Popcorn Chicken</b> <b>OR: Vegetarian Nuggets</b> <b>WITH:</b> Baked Beans Potatoes Wedges Mixed Fruit Salad	<b>22</b> <b>Fiesta Chicken Taco</b> <b>OR: Bean and Cheese Burrito</b> <b>WITH:</b> Cheddar Cheese Shredded Lettuce Salsa with Tortilla Chips Diced Pineapple	<b>23</b> <b>Cheese Pizza Dippers</b> <b>WITH:</b> Marinara Sauce Romaine Salad w/ Italian Dressing Fresh Orange Wedges	<b>24</b> <b>Chicken Fried Rice</b> <b>OR: Vegetarian Fried Rice</b> <b>WITH:</b> Steamed Peas Celery Sticks w/ Ranch Dressing Fortune Cookie Diced Peaches	<b>25</b> <b>Pizza Fridays!</b> <b>Hand Tossed Pepperoni Pizza</b> <b>OR: Hand Tossed Cheese Pizza</b> <b>WITH:</b> Garden Salad w/ Ranch Dressing Melon Mania
<b>28</b> <b>Teriyaki Chicken &amp; Rice</b> <b>OR: Teriyaki Tofu &amp; Rice</b> <b>WITH:</b> Maple Butternut Squash Celery Sticks w/ Ranch Dressing Mandarin Oranges 	<b>29</b> <b>Chicken Nuggets</b> <b>OR: Vegetarian Nuggets</b> <b>WITH:</b> Baked Beans Romaine Salad w/ Italian Dressing Strawberry Applesauce	<b>30</b> <b>Lasagna Roll</b> <b>WITH:</b> Wholewheat Breadstick Steamed Peas Baby Carrots w/ Ranch Dressing Diced Watermelon		

**V = Vegetarian Entrée Options**

Milk is Included with All Meals

Choose 1% White or Fat Free Chocolate Milk

We are committed to Healthy, Nutritious & 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)

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Salad Meal:</b> -Chicken Caesar Salad -Chef Salad with Sliced Turkey <b>Sandwich Meal:</b> -Two Cheese Sandwich -Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich	<b>2 Salad Meal:</b> -Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges -Vegetarian Cobb Salad <b>Sandwich Meal:</b> -Two Cheese Sandwich -Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	<b>3 Salad Meal:</b> -Breaded Chicken Salad - Black Bean & Corn Salad with Tortilla Chips <b>Sandwich Meal:</b> -Two Cheese Sandwich - Southwest Wrap - Dairy Free Turkey Sandwich	<b>4 Salad Meal:</b> -Chicken Salad Plate -Vegetarian Cobb Salad <b>Sandwich Meal:</b> - Two Cheese Sandwich -Chicken Salad Sandwich - Dairy Free Turkey Sandwich
7	8	9	10	11
<p><i>School Closed</i></p>				
<b>14 Salad Meal:</b> - Diced Turkey and Cheese Cracker Plate - Tuna Pasta Salad Plate with Crackers <b>Sandwich Meal:</b> - Southwest Wrap - Grilled Vegetable Wrap - Dairy Free Turkey Ham Sandwich	<b>15 Salad Meal:</b> - Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges - Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> -Southwest Wrap - Chicken Salad Sandwich - Dairy Free Turkey Ham Sandwich	<b>16 Salad Meal:</b> - Chicken Salad Plate -Vegetarian Cobb Salad <b>Sandwich Meal:</b> -Southwest Wrap -Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich	<b>17 Salad Meal:</b> -Grilled Chicken Salad - Breaded Chicken Salad <b>Sandwich Meal:</b> -Southwest Wrap - Build Your Own Pita Pizza - Dairy Free Turkey Ham Sandwich	<b>18 Salad Meal:</b> - Fiesta Chicken Taco Salad - Chicken Caesar Salad <b>Sandwich Meal:</b> -Southwest Wrap - Crispy Chicken Wrap - Dairy Free Turkey Ham Sandwich
<b>21 Salad Meal:</b> - Fresh Fruit and Yogurt Plate with Granola -Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> -Buffalo Chicken Wrap -Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	<b>22 Salad Meal:</b> - Chicken Caesar Salad - Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> - Buffalo Chicken Wrap - Crispy Chicken Wrap -Dairy Free Turkey Sandwich	<b>23 Salad Meal:</b> - Tuna Salad Plate with Pita Points - Breaded Chicken Salad <b>Sandwich Meal:</b> -Buffalo Chicken Wrap - Soybutter & Jelly on Wheat Bread - Dairy Free Turkey Sandwich	<b>24 Salad Meal:</b> - Pasta Salad Plate with Crackers - Chicken Caesar Salad <b>Sandwich Meal:</b> - Buffalo Chicken Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	<b>25 Salad Meal:</b> - Black Bean & Corn Salad with Tortilla Chips - Build Your Own Nacho Plate <b>Sandwich Meal:</b> - Build Your Own Pita Pizza - Buffalo Chicken Wrap - Dairy Free Turkey Sandwich
<b>28 Salad Meal:</b> -Pasta Salad Plate with Crackers -Diced Turkey and Cheese Cracker Plate <b>Sandwich Meal:</b> -Soy-butter & Jelly on Wheat Bread - Turkey Bologna and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich	<b>29 Salad Meal:</b> - Chicken Salad Plate - Build Your Own Nacho Plate <b>Sandwich Meal:</b> - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Buffalo Chicken Wrap - Dairy Free Turkey Ham Sandwich	<b>30 Salad Meal:</b> - Diced Turkey and Cheese Cracker Plate - Pasta Salad Plate with Crackers <b>Sandwich Meal:</b> - Turkey Ham and Cheese on Wheat Bread - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich		

**SANDWICH & SALAD MEALS**

**V = Vegetarian Entrée**

Includes Two Vegetable Sides and Fruit of the Day

Milk is Included with All Meals

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>1</b> <b>Beef Chili</b> Cheese Corn Salad Italian Dressing Pears <b>Vegetarian Chili</b>	None Milk None None None None None	<b>2</b> <b>Spaghetti in Meat Sauce</b> Breadstick Peas Carrots Ranch Pineapples <b>Eggplant Parmesan</b> Egg, Wheat, Soy, Milk	Wheat None None Egg, Milk None	<b>3</b> <b>Chicken Quesadilla</b> Black Beans Mixed Vegetables Peaches <b>Bean and Cheese Burrito</b> Wheat, Milk	Milk, Wheat None None None	<b>4</b> Pizza Salad Caesar Fruit	Milk, Wheat, Soy None Egg, Fish, Milk None
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>			
<p><i>School Closed</i></p>								
<b>14</b> <b>Meatball Sub</b> Celery Ranch Butternut Squash Oranges <b>Meatless Meatball Sub</b>	<b>15</b> <b>Chicken Corn Dog</b> Potato Smiles Romaine Salad Italian Dressing Fuji Apple <b>Vegetarian Nuggets</b>	<b>16</b> <b>Hamburger</b> Bun Corn Carrots Ranch Peaches <b>Gardenburger</b>	<b>17</b> <b>Drumsticks</b> Black-Eyed Peas Celery Ranch Pineapples <b>Macaroni and Cheese</b>	<b>18</b> Pizza Salad Caesar Fruit	Wheat, Milk, Soy None Egg, Milk None None	Milk, Wheat, Soy None Egg, Fish, Milk None		
<b>21</b> <b>Popcorn Chicken</b> Baked Beans Potatoes Wedges Fruit <b>Vegetarian Nuggets</b>	<b>22</b> <b>Chicken Taco</b> Cheese Lettuce Salsa Tortilla Chips Pineapple <b>Bean and Cheese Burrito</b>	<b>23</b> <b>Cheese Pizza Dippers</b> Marinara Sauce Romaine Salad Italian Dressing Orange Wedges	<b>24</b> <b>Chicken Fried Rice</b> Peas Celery Ranch Fortune Cookie Peaches <b>Vegetarian Fried Rice</b>	<b>25</b> Pizza Salad Ranch Fruit	Wheat, Soy None None Egg, Milk Soy, Wheat None	Milk, Wheat, Soy None Egg, Milk None		
<b>28</b> <b>Teriyaki Chicken &amp; Rice</b> Butternut Squash Celery Ranch Oranges <b>Teriyaki Tofu &amp; Rice</b>	<b>29</b> <b>Chicken Nuggets</b> Baked Beans Salad Italian Dressing Applesauce <b>Vegetarian Nuggets</b>	<b>30</b> <b>Lasagna Roll</b> Breadstick Peas Carrots Ranch Watermelon						

**\*\* 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.

Monday Tuesday Wednesday Thursday Friday



<p><b>1 Salad Meal:</b> Caesar Salad Chef Salad <b>Sandwich Meal:</b> Two Cheese Grilled Chicken DF Sandwich</p> <p>F, M, E, W W, E, M, S W, M S, W, M, E W</p> <p>Potato Salad Cucumber Salad Fruit</p> <p>E, F, S None None</p>	<p><b>2 Salad Meal:</b> Chicken Salad Cobb Salad <b>Sandwich Meal:</b> Two Cheese Croissant DF Sandwich</p> <p>W, E, M S, E, W, M W, M S, W, M, E W</p> <p>Celery Sticks Ranch Kale Salad Fruit</p> <p>None E, M E None</p>	<p><b>3 Salad Meal:</b> Breaded Chicken Salad Black Bean Plate <b>Sandwich Meal:</b> Two Cheese Southwest Wrap DF Sandwich</p> <p>W, E, M W, E, M W, M W, E, M, S W</p> <p>Three Bean Carrots Ranch Fruit</p> <p>None None E, M None</p>	<p><b>4 Salad Meal:</b> Chicken Salad Cobb Salad <b>Sandwich Meal:</b> Two Cheese Chicken Salad DF Sandwich</p> <p>W, E, M S, E, W, M W, M W, E, M W</p> <p>Potato Salad Broc &amp; Tom Salad Fruit</p> <p>E, F, S None None</p>
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7 8 9 10 11

*School Closed*

Monday Tuesday Wednesday Thursday Friday

<p><b>14 Salad Meal:</b> Turkey &amp; Cheese Tuna Salad Plate <b>Sandwich Meal:</b> Southwest Wrap Vegetable Wrap DF Sandwich</p> <p>W, M E, W, F W, E, M, S S, W, M W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p><b>15 Salad Meal:</b> Chicken Salad Turkey &amp; Cheese <b>Sandwich Meal:</b> Southwest Wrap Chicken Salad DF Sandwich</p> <p>W, E, M W, M W, E, M, S W, E, M W</p> <p>Potato Salad Cucumber Salad Fruit</p> <p>E, F, S None None</p>	<p><b>16 Salad Meal:</b> Chicken Salad Cobb Salad <b>Sandwich Meal:</b> Southwest Wrap Turkey Bologna DF Sandwich</p> <p>W, E, M S, E, W, M W, E, M, S E, W, M W</p> <p>Celery Sticks Ranch Kale Salad Fruit</p> <p>None E, M E None</p>	<p><b>17 Salad Meal:</b> Grilled Chicken Salad Chicken Salad <b>Sandwich Meal:</b> Southwest Wrap Pita Pizza DF Sandwich</p> <p>W, E, M, S W, E, M, S W, M, S W, M W</p> <p>Three Bean Carrots Ranch Fruit</p> <p>None None E, M None</p>	<p><b>18 Salad Meal:</b> Taco Salad Caesar Salad <b>Sandwich Meal:</b> Southwest Wrap Chicken Wrap DF Sandwich</p> <p>S, W, E, M F, M, E, W W, E, M, S S, W, M, E W</p> <p>Potato Salad Broc &amp; Tom Salad Fruit</p> <p>E, F, S None None</p>
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<p><b>21 Salad Meal:</b> Yogurt Plate Turkey &amp; Cheese <b>Sandwich Meal:</b> Buffalo Wrap Croissant DF Sandwich</p> <p>S, W, M, E W, M S, W, M, E S, W, M, E W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p><b>22 Salad Meal:</b> Caesar Salad Turkey &amp; Cheese <b>Sandwich Meal:</b> Buffalo Wrap Chicken Wrap DF Sandwich</p> <p>F, M, E, W W, M S, W, M, E S, W, M, E W</p> <p>Potato Salad Cucumber Salad Fruit</p> <p>E, F, S None None</p>	<p><b>23 Salad Meal:</b> Tuna Salad Plate Chicken Salad <b>Sandwich Meal:</b> Buffalo Wrap Soybutter &amp; Jelly DF Sandwich</p> <p>E, W, F W, E, M, S S, W, M, E S, W, M W</p> <p>Celery Sticks Ranch Kale Salad Fruit</p> <p>None E, M E None</p>	<p><b>24 Salad Meal:</b> Pasta Salad Plate Caesar Salad <b>Sandwich Meal:</b> Buffalo Wrap Croissant DF Sandwich</p> <p>W, M F, M, E, W S, W, M, E S, W, M, E W</p> <p>Three Bean Carrots Ranch Fruit</p> <p>None None E, M None</p>	<p><b>25 Salad Meal:</b> Black Bean Plate Nacho Plate <b>Sandwich Meal:</b> Pita Pizza Buffalo Wrap DF Sandwich</p> <p>W, E, M S, W, M W, M S, W, M, E W</p> <p>Potato Salad Broc &amp; Tom Salad Fruit</p> <p>E, F, S None None</p>
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<p><b>28 Salad Meal:</b> Pasta Salad Plate Turkey &amp; Cheese <b>Sandwich Meal:</b> Soybutter &amp; Jelly Turkey Bologna DF Sandwich</p> <p>W, M W, M S, W, M E, W, M W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p><b>29 Salad Meal:</b> Chicken Salad Nacho Plate <b>Sandwich Meal:</b> Turkey Bologna Buffalo Wrap DF Sandwich</p> <p>W, E, M S, W, M E, W, M S, W, M, E W</p> <p>Potato Salad Cucumber Salad Fruit</p> <p>E, F, S None None</p>	<p><b>30 Salad Meal:</b> Turkey &amp; Cheese Pasta Salad Plate <b>Sandwich Meal:</b> Turkey Ham Turkey Bologna DF Sandwich</p> <p>W, M W, M W, M E, W, M W</p> <p>Celery Sticks Ranch Kale Salad Fruit</p> <p>None E, M E None</p>
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**ALLERGEN KEY:**  
Soy = S  
Wheat = W  
Egg = E  
Milk = M  
Fish = F

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