

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

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salad Meal: -Chicken Caesar Salad -Chef Salad with Sliced Turkey Sandwich Meal: -Two Cheese Sandwich -Grilled Chicken Breast on a Wheat Bun - Dairy Free Turkey Sandwich	2 Salad Meal: -Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges -Vegetarian Cobb Salad Sandwich Meal: -Two Cheese Sandwich -Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	3 Salad Meal: -Breaded Chicken Salad - Black Bean & Corn Salad with Tortilla Chips Sandwich Meal: -Two Cheese Sandwich - Southwest Wrap - Dairy Free Turkey Sandwich	4 Salad Meal: -Chicken Salad Plate -Vegetarian Cobb Salad Sandwich Meal: - Two Cheese Sandwich -Chicken Salad Sandwich - Dairy Free Turkey Sandwich
7	8	9	10	11
<p><i>School Closed</i></p>				
14 Salad Meal: - Diced Turkey and Cheese Cracker Plate - Tuna Pasta Salad Plate with Crackers Sandwich Meal: - Southwest Wrap - Grilled Vegetable Wrap - Dairy Free Turkey Ham Sandwich	15 Salad Meal: - Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges - Diced Turkey and Cheese Cracker Plate Sandwich Meal: -Southwest Wrap - Chicken Salad Sandwich - Dairy Free Turkey Ham Sandwich	16 Salad Meal: - Chicken Salad Plate -Vegetarian Cobb Salad Sandwich Meal: -Southwest Wrap -Turkey Bologna and Cheddar Cheese on a Wheat Bun - Dairy Free Turkey Ham Sandwich	17 Salad Meal: -Grilled Chicken Salad - Breaded Chicken Salad Sandwich Meal: -Southwest Wrap - Build Your Own Pita Pizza - Dairy Free Turkey Ham Sandwich	18 <p style="text-align: center;"><i>School Closed</i></p>
21 Salad Meal: - Fresh Fruit and Yogurt Plate with Granola -Diced Turkey and Cheese Cracker Plate Sandwich Meal: -Buffalo Chicken Wrap -Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	22 Salad Meal: - Chicken Caesar Salad - Diced Turkey and Cheese Cracker Plate Sandwich Meal: - Buffalo Chicken Wrap - Crispy Chicken Wrap - Dairy Free Turkey Sandwich	23 Salad Meal: - Tuna Salad Plate with Pita Points - Breaded Chicken Salad Sandwich Meal: -Buffalo Chicken Wrap - Soybutter & Jelly on Wheat Bread - Dairy Free Turkey Sandwich	24 Salad Meal: - Pasta Salad Plate with Crackers - Chicken Caesar Salad Sandwich Meal: - Buffalo Chicken Wrap - Turkey and Cheese Croissant - Dairy Free Turkey Sandwich	25 Salad Meal: - Black Bean & Corn Salad with Tortilla Chips - Build Your Own Nacho Plate Sandwich Meal: - Build Your Own Pita Pizza - Buffalo Chicken Wrap - Dairy Free Turkey Sandwich
28 Salad Meal: -Pasta Salad Plate with Crackers -Diced Turkey and Cheese Cracker Plate Sandwich Meal: -Soy-butter & Jelly on Wheat Bread - Turkey Bologna and Cheddar Cheese on a Wheat Bun -Dairy Free Turkey Ham Sandwich	29 Salad Meal: - Chicken Salad Plate - Build Your Own Nacho Plate Sandwich Meal: - Turkey Bologna and Cheddar Cheese on a Wheat Bun - Buffalo Chicken Wrap - Dairy Free Turkey Ham Sandwich	30 Salad Meal: - Diced Turkey and Cheese Cracker Plate - Pasta Salad Plate with Crackers Sandwich Meal: - 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
	1 Beef Chili Cheese Corn Pears Vegetarian Chili None Milk None None None	2 Spaghetti in Meat Sauce Bread Stick Peas Carrots Ranch Pineapples Eggplant Parmesan Egg, Wheat, Soy, Milk Wheat None None None None None	3 Chicken Quesadilla Black Beans Peaches Bean and Cheese Burrito Milk, Wheat None None None Wheat, Milk	4 Pizza Salad Caesar Fruit Milk, Wheat, Soy None None Egg, Fish, Milk None
	7	8	9	10
<p><i>School Closed</i></p>				
14 Meatball Sub Celery Ranch Butternut Squash Oranges Meatless Meatball Sub Wheat, Milk, Soy None Egg, Milk None None Wheat, Egg, Milk	15 Chicken Corn Dog Potato Smiles Fuji Apple Vegetarian Nuggets Soy, Wheat, Egg, Milk Soy None Wheat, Soy, Egg	16 Hamburger Bun Corn Carrots Ranch Peaches Gardenburger Soy, Wheat, Milk Soy Wheat None None Egg, Milk None	17 Drumsticks Black-Eyed Peas Pineapples Macaroni and Cheese Soy None None Wheat, Milk	18 <p style="text-align: center;"><i>School Closed</i></p>
21 Popcorn Chicken Baked Beans Potatoes Wedges Fruit Vegetarian Nuggets Wheat, Soy None Soy None Wheat, Soy, Egg	22 Chicken Taco Cheese Salsa Tortilla Chips Pineapple Bean and Cheese Burrito Wheat, Milk Milk None None None Milk, Wheat	23 Cheese Pizza Dippers Marinara Sauce Romaine Salad Italian Dressing Orange Wedges Wheat, Egg, Soy, Milk None None None None	24 Chicken Fried Rice Peas Fortune Cookie Peaches Vegetarian Fried Rice Wheat, Soy, Egg None Soy, Wheat None None Wheat, Soy, Egg	25 Pizza Salad Ranch Fruit Milk, Wheat, Soy None None Egg, Milk None
28 Teriyaki Chicken & Rice Butternut Squash Celery Ranch Oranges Teriyaki Tofu & Rice Soy, Wheat None None Egg, Milk None Soy, Wheat	29 Chicken Nuggets Baked Beans Applesauce Vegetarian Nuggets Soy, Wheat None None Wheat, Soy, Egg	30 Lasagna Roll Breadstick Peas Carrots Ranch Watermelon Wheat, Milk, Egg Wheat None None Egg, Milk None		

****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
	1 Salad Meal: Caesar Salad F, M, E, W Chef Salad W, E, M, S Sandwich Meal: Two Cheese W, M Grilled Chicken S, W, M, E DF Sandwich W Potato Salad E, F, S Cucumber Salad None Fruit None	2 Salad Meal: Chicken Salad W, E, M Cobb Salad S, E, W, M Sandwich Meal: Two Cheese W, M Croissant S, W, M, E DF Sandwich W Celery Sticks None Ranch E, M Kale Salad E Fruit None	3 Salad Meal: -Breaded Chicken Salad Black Bean Plate W, E, M Sandwich Meal: Two Cheese W, M Southwest Wrap W, E, M, S DF Sandwich W Three Bean None Carrots None Ranch E, M Fruit None	4 Salad Meal: Chicken Salad W, E, M Cobb Salad S, E, W, M Sandwich Meal: Two Cheese W, M Chicken Salad W, E, M DF Sandwich W Potato Salad E, F, S Broc & Tom Salad None Fruit None
7	8	9	10	11
<p><i>School Closed</i></p>				
14 Salad Meal: Turkey & Cheese W, M Tuna Salad Plate E, W, F Sandwich Meal: Southwest Wrap W, E, M, S Vegetable Wrap S, W, M DF Sandwich W Baby Carrots None Hummus None Fruit None	15 Salad Meal: Chicken Salad W, E, M Turkey & Cheese W, M Sandwich Meal: Southwest Wrap W, E, M, S Chicken Salad W, E, M DF Sandwich W Potato Salad E, F, S Cucumber Salad None Fruit None	16 Salad Meal: Chicken Salad W, E, M Cobb Salad S, E, W, M Sandwich Meal: Southwest Wrap W, E, M, S Turkey Bologna E, W, M DF Sandwich W Celery Sticks None Ranch E, M Kale Salad E Fruit None	17 Salad Meal: -Grilled Chicken Salad Chicken Salad W, E, M, S Sandwich Meal: Southwest Wrap W, E, M, S Pita Pizza W, M DF Sandwich W Three Bean None Carrots None Ranch E, M Fruit None	18 <p style="text-align: center;"><i>School Closed</i></p>
21 Salad Meal: Yogurt Plate S, W, M, E Turkey & Cheese W, M Sandwich Meal: Buffalo Wrap S, W, M, E Croissant S, W, M, E DF Sandwich W Baby Carrots None Hummus None Fruit None	22 Salad Meal: Caesar Salad F, M, E, W Turkey & Cheese W, M Sandwich Meal: Buffalo Wrap S, W, M, E Chicken Wrap S, W, M, E DF Sandwich W Potato Salad E, F, S Cucumber Salad None Fruit None	23 Salad Meal: Tuna Salad Plate E, W, F Chicken Salad W, E, M, S Sandwich Meal: Buffalo Wrap S, W, M, E Soybutter & Jelly S, W, M DF Sandwich W Celery Sticks None Ranch E, M Kale Salad E Fruit None	24 Salad Meal: Pasta Salad Plate W, M Caesar Salad F, M, E, W Sandwich Meal: Buffalo Wrap S, W, M, E Croissant S, W, M, E DF Sandwich W Three Bean None Carrots None Ranch E, M Fruit None	25 Salad Meal: Black Bean Plate W, E, M Nacho Plate S, W, M Sandwich Meal: Pita Pizza W, M Buffalo Wrap S, W, M, E DF Sandwich W Potato Salad E, F, S Broc & Tom Salad None Fruit None
28 Salad Meal: Pasta Salad Plate W, M Turkey & Cheese W, M Sandwich Meal: Soybutter & Jelly S, W, M Turkey Bologna E, W, M DF Sandwich W Baby Carrots None Hummus None Fruit None	29 Salad Meal: Chicken Salad W, E, M Nacho Plate S, W, M Sandwich Meal: Turkey Bologna E, W, M Buffalo Wrap S, W, M, E DF Sandwich W Potato Salad E, F, S Cucumber Salad None Fruit None	30 Salad Meal: Turkey & Cheese W, M Pasta Salad Plate W, M Sandwich Meal: Turkey Ham W, M Turkey Bologna E, W, M DF Sandwich W Celery Sticks None Ranch E, M Kale Salad E Fruit None		

ALLERGEN KEY:

- Soy = S
- Wheat = W
- Egg = E
- Milk = M
- Fish = F

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