

Monday Tuesday Wednesday Thursday Friday



1 ALL-BEEF HOT DOG
OR: MEATLESS MEATBALL SUB
WITH:
 FRUITY CRAISINS
 STEAMED CORN
 DICED PEACHES

2 PIZZA FRIDAYS!
HAND TOSSED TURKEY PEPPERONI PIZZA
OR: HAND TOSSED CHEESE PIZZA
WITH:
 GARDEN SALAD
 w/ CEASAR DRESSING
 MELON MANIA FRUIT SALAD

5 MACHO BEEF NACHOS
OR: BEAN & CHEESE NACHOS
WITH:
 BLACK BEANS
 SALSA
 TORTILLA CHIPS
 DICED PINEAPPLES



6 KOREAN BEEF AND RICE
OR: KOREAN GARDEN BURGER CRUMBLES & RICE
WITH:
 WHITE CHEDDAR POPCORN
 STEAMED CORN
 FRESH PEAR

7 POPCORN CHICKEN
OR: VEGETARIAN NUGGETS
WITH:
 ROMAINE SALAD
 w/ ITALIAN DRESSING
 MASHED POTATOES
 STRAWBERRY APPLESAUCE

8 CHICKEN ALFREDO PASTA
OR: CREAMY ALFREDO PASTA
WITH:
 FRESH BAKED COOKIE
 GREEN BEANS
 MANDARIN ORANGES

9 PIZZA FRIDAYS!
HAND TOSSED TURKEY PEPPERONI PIZZA
OR: HAND TOSSED CHEESE PIZZA
WITH:
 GARDEN SALAD
 w/ RANCH DRESSING
 TROPICAL FRUIT SALAD

12 CHEF-FIL-A BREADED CHICKEN SANDWICH
OR: GARDEN BURGER
WITH: CHEF-FIL-A SAUCE
WITH:
 BABY CARROTS
 w/ RANCH DIP
 STEAMED PEAS
 DICED PEACHES

13 CHEESE PIZZA DIPPERS
WITH:
 MARINARA SAUCE
 GARDEN SUNCHIPS
 FRESH RED GRAPES

14 MACARONI & CHEESE
WITH:
 CELERY STICKS
 w/ RANCH DIP
 BAKED BEANS
 MANDARIN ORANGES

15 BREAKFAST FOR LUNCH!
WHOLE GRAIN FRENCH TOAST STICKS
OR: VEGETARIAN SAUSAGE
WITH:
 TURKEY SAUSAGE
 BREAKFAST POTATOES
 CHOCOLATE CHIP MUFFIN
 CINNAMON APPLESAUCE

16 PIZZA FRIDAYS!
HAND TOSSED TURKEY PEPPERONI PIZZA
OR: HAND TOSSED CHEESE PIZZA
WITH:
 GARDEN SALAD
 w/ CEASAR DRESSING
 MELON MANIA FRUIT SALAD

19 CHEESY ZITI PASTA
WITH:
 BABY CARROTS
 w/ RANCH DIP
 GREEN BEANS
 DICED PEARS

20 CHICKEN CORN DOG
OR: VEGETARIAN NUGGETS
WITH:
 CELERY STICKS
 w/ RANCH DIP
 BAKED CHEETOS
 FRESH STRAWBERRIES

21 ALL AMERICAN HAMBURGER
OR: GARDENBURGER
WITH:
 GREEK SALAD
 w/ BALSAMIC VINAIGRETTE
 STEAMED CARROTS
 FRESH WHOLE ORANGE

22 LAST DAY OF SCHOOL!

23



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:
-FIESTA CHICKEN TACO SALAD
- CHICKEN CAESAR SALAD
SANDWICH MEAL:
-TWO CHEESE SANDWICH
- TURKEY BOLOGNA AND CHEDDAR CHEESE ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

2 SALAD MEAL:
- GRILLED CHICKEN SALAD
-VEGETARIAN COBB SALAD
SANDWICH MEAL:
-SOUTHWEST WRAP
- TURKEY BOLOGNA AND CHEDDAR CHEESE ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

5 SALAD MEAL:
- FRESH FRUIT AND YOGURT PLATE WITH GRANOLA
- TUNA PASTA SALAD PLATE WITH CRACKERS
SANDWICH MEAL:
- SOUTHWEST WRAP
- GRILLED CHICKEN BREAST ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

6 SALAD MEAL:
- GRILLED CHICKEN SALAD OVER FRESH SPINACH WITH MANDARIN ORANGES
-FIESTA CHICKEN TACO SALAD
SANDWICH MEAL:
-TWO CHEESE SANDWICH
- GRILLED CHICKEN BREAST ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

7 SALAD MEAL:
- CHEF SALAD WITH SLICED TURKEY
- DICED TURKEY AND CHEESE CRACKER PLATE
SANDWICH MEAL:
- TURKEY & CHEESE CROISSANT
- GRILLED CHICKEN BREAST ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

8 SALAD MEAL:
- BREADED CHICKEN SALAD
-VEGETARIAN COBB SALAD
SANDWICH MEAL:
- BUILD YOUR OWN PITA PIZZA
- GRILLED CHICKEN BREAST ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

9 SALAD MEAL:
- CHICKEN CAESAR SALAD
- DICED TURKEY AND CHEESE CRACKER PLATE
SANDWICH MEAL:
- GRILLED VEGETABLE WRAP
- GRILLED CHICKEN BREAST ON A WHEAT BUN
- DAIRY FREE TURKEY SANDWICH

12 SALAD MEAL:
-PASTA SALAD PLATE WITH CRACKERS
-DICED TURKEY AND CHEESE CRACKER PLATE
SANDWICH MEAL:
-BUFFALO CHICKEN WRAP
- DAIRY FREE TURKEY HAM SANDWICH

13 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

14 SALAD MEAL:
-GRILLED CHICKEN SALAD
- DICED TURKEY AND
SANDWICH MEAL:
-TWO CHEESE SANDWICH
-BUFFALO CHICKEN WRAP
- DAIRY FREE TURKEY HAM SANDWICH

15 SALAD MEAL:
- GRILLED CHICKEN SALAD
- FRESH FRUIT AND YOGURT PLATE WITH GRANOLA
SANDWICH MEAL:
-SOUTHWEST WRAP
-BUFFALO CHICKEN WRAP
- DAIRY FREE TURKEY HAM SANDWICH

16 SALAD MEAL:
- TUNA SALAD PLATE WITH PITA POINTS
- CHICKEN CAESAR SALAD
SANDWICH MEAL:
- SOYBUTTER & JELLY ON WHEAT BREAD
-BUFFALO CHICKEN WRAP
- DAIRY FREE TURKEY HAM SANDWICH

19 SALAD MEAL:
- DICED TURKEY AND CHEESE CRACKER PLATE
- TUNA PASTA SALAD PLATE WITH CRACKERS
SANDWICH MEAL:
- TURKEY BOLOGNA AND CHEDDAR CHEESE ON A WHEAT BUN
-CRISPY CHICKEN WRAP
- DAIRY FREE TURKEY SANDWICH

20 SALAD MEAL:
- CHICKEN CAESAR SALAD
-VEGETARIAN COBB SALAD
SANDWICH MEAL:
-SOUTHWEST WRAP
-CRISPY CHICKEN WRAP
-DAIRY FREE TURKEY SANDWICH

21 SALAD MEAL:
-GRILLED CHICKEN SALAD
-BREADED CHICKEN SALAD
SANDWICH MEAL:
- BUILD YOUR OWN PITA PIZZA
-CRISPY CHICKEN WRAP
-DAIRY FREE TURKEY SANDWICH

22 LAST DAY OF SCHOOL!

23



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MEMORIAL DAY
HONORING ALL WHO SERVED

27

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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
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1 HOT DOG CELERY RANCH CORN PEACHES MEATLESS MEATBALL SUB WHEAT, EGG, MILK	SOY, WHEAT NONE EGG, MILK NONE NONE WHEAT, EGG, MILK	2 PIZZA MILK, WHEAT, SOY SALAD CEASAR FRUIT SALAD NONE EGG, MILK, SOY NONE
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5 MACHO BEEF NACHOS SALSA CHIPS BLACK BEANS PINEAPPLES BEAN & CHEESE NACHOS SOY, WHEAT, MILK	MILK NONE NONE NONE NONE SOY, WHEAT, MILK
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6 KOREAN BEEF CELERY RANCH CORN PEAR KOREAN GARDEN BURGER CRUMBLIES & RICE SOY, MILK, WHEAT	SOY, WHEAT NONE EGG, MILK NONE NONE SOY, MILK, WHEAT
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7 POPCORN CHICKEN SALAD ITALIAN DRESSING MASHED POTATOES APPLESAUCE VEGETARIAN NUGGETS WHEAT, SOY, EGGS	SOY, WHEAT NONE NONE NONE NONE WHEAT, SOY, EGGS
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8 CHICKEN ALFREDO CARROTS RANCH GREEN BEANS MANDARIN ORANGE ALFREDO PASTA MILK, WHEAT	WHEAT, MILK, SOY NONE EGG, MILK NONE NONE MILK, WHEAT
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9 PIZZA SALAD RANCH FRUIT SALAD MILK, WHEAT, SOY NONE EGG, MILK NONE
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12 SANDWICH SAUCE CARROTS RANCH PEAS PEACHES GARDENBURGER SOY, WHEAT, MILK	SOY, WHEAT EGG NONE EGG, MILK NONE NONE SOY, WHEAT, MILK
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13 CHEESE PIZZA DIPPERS WHEAT, EGG, SOY, MILK MARINARA SAUCE GREEK SALAD FRENCH CATALINA GRAPES	WHEAT, EGG, SOY, MILK NONE NONE SOY NONE
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14 MAC & CHEESE WHEAT, MILK CELERY RANCH BAKED BEANS MANDARIN ORANGES	WHEAT, MILK NONE NONE NONE NONE
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15 FRENCH TOAST STICKS EGG, MILK, SOY, WHEAT TURKEY SAUSAGE JUICE POTATOES APPLESAUCE VEGETARIAN SAUSAGE WHEAT, EGG, SOY, MILK	EGG, MILK, SOY, WHEAT NONE NONE SOY NONE WHEAT, EGG, SOY, MILK
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16 PIZZA SALAD CEASAR FRUIT SALAD MILK, WHEAT, SOY NONE EGG, MILK, SOY NONE

19 CHEESY ZITI CARROTS RANCH DIP GREEN BEANS PEARS	MILK, WHEAT NONE EGG, MILK NONE NONE
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20 CHICKEN CORN DOG SOY, WHEAT, MILK, EGG SALAD CELERY RANCH CORN STRAWBERRIES VEGETARIAN NUGGETS WHEAT, SOY, EGGS	SOY, WHEAT, MILK, EGG NONE NONE NONE NONE NONE WHEAT, SOY, EGGS
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21 HAMBURGER SOY BUN CHEESE GREEK SALAD BALSAMIC VINAIGRETTE CARROTS ORANGE GARDENBURGER SOY, WHEAT, MILK	WHEAT SOY, MILK NONE NONE SOY NONE NONE SOY, WHEAT, MILK
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22	23
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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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1	SALAD MEAL: TACO SALAD CAESAR SALAD SANDWICH MEAL: TWO CHEESE TURKEY BOLOGNA DF SANDWICH	S, W, E, M F, M, E, W W, M E, W, M W	2	SALAD MEAL: CHICKEN SALAD COBB SALAD SANDWICH MEAL: SOUTHWEST WRAP TURKEY BOLOGNA DF SANDWICH	W, E, M S, E, W, M W, E, M, S E, W, M W
	THREE BEAN CARROTS RANCH FRUIT	NONE NONE E, M NONE		POTATO SALAD BROC & TOM SALAD FRUIT	E, F, S NONE NONE

5	SALAD MEAL: YOGURT PLATE TUNA SALAD PLATE SANDWICH MEAL: SOUTHWEST WRAP GRILLED CHICKEN DF SANDWICH	S, W, M, E E, W, F W, E, M, S S, W, M, E W
	BABY CARROTS HUMMUS FRUIT	NONE NONE NONE

6	SALAD MEAL: CHICKEN SALAD TACO SALAD SANDWICH MEAL: TWO CHEESE GRILLED CHICKEN DF SANDWICH	W, E, M S, W, E, M W, M S, W, M, E W
	POTATO SALAD CUCUMBER SALAD FRUIT	E, F, S NONE NONE

7	SALAD MEAL: CHEF SALAD TURKEY & CHEESE SANDWICH MEAL: CROISSANT GRILLED CHICKEN DF SANDWICH	W, E, M, S W, M S, W, M, E S, W, M, E W
	CELERY STICKS RANCH KALE SALAD FRUIT	NONE E, M E NONE

8	SALAD MEAL: CHICKEN SALAD COBB SALAD SANDWICH MEAL: PITA PIZZA -GRILLED CHICKEN DF SANDWICH	W, E, M, S S, E, W, M W, M S, W, M, E W
	THREE BEAN CARROTS RANCH FRUIT	NONE NONE E, M NONE

9	SALAD MEAL: CAESAR SALAD TURKEY & CHEESE SANDWICH MEAL: VEGETABLE WRAP GRILLED CHICKEN DF SANDWICH	F, M, E, W W, M S, W, M S, W, M, E W
	POTATO SALAD BROC & TOM SALAD FRUIT	E, F, S NONE NONE

12	SALAD MEAL: PASTA SALAD PLATE TURKEY & CHEESE SANDWICH MEAL: BUFFALO WRAP E DF SANDWICH	W, M W, M S, W, M, W
	BABY CARROTS HUMMUS FRUIT	NONE NONE NONE

13	SALAD MEAL: CHICKEN SALAD NACHO PLATE SANDWICH MEAL: TURKEY BOLOGNA BUFFALO WRAP DF SANDWICH	W, E, M S, W, M E, W, M S, W, M, E W
	POTATO SALAD CUCUMBER SALAD FRUIT	E, F, S NONE NONE

14	SALAD MEAL: CHICKEN SALAD TURKEY & CHEESE SANDWICH MEAL: TWO CHEESE BUFFALO WRAP DF SANDWICH	W, E, M, S W, M W, M S, W, M, E W
	CELERY STICKS RANCH KALE SALAD FRUIT	NONE E, M E NONE

15	SALAD MEAL: CHICKEN SALAD YOGURT PLATE SANDWICH MEAL: SOUTHWEST WRAP BUFFALO WRAP DF SANDWICH	W, E, M S, W, M, E W, E, M, S S, W, M, E W
	THREE BEAN CARROTS RANCH FRUIT	NONE NONE E, M NONE

16	SALAD MEAL: TUNA SALAD PLATE CAESAR SALAD SANDWICH MEAL: SOYBUTTER & JELLY BUFFALO WRAP DF SANDWICH	E, W, F F, M, E, W S, W, M S, W, M, E W
	POTATO SALAD BROC & TOM SALAD FRUIT	E, F, S NONE NONE

19	SALAD MEAL: TURKEY & CHEESE TUNA SALAD PLATE SANDWICH MEAL: TURKEY BOLOGNA CHICKEN WRAP DF SANDWICH	W, M E, W, F E, W, M S, W, M, E W
	BABY CARROTS HUMMUS FRUIT	NONE NONE NONE

20	SALAD MEAL: CAESAR SALAD COBB SALAD SANDWICH MEAL: SOUTHWEST WRAP CHICKEN WRAP DF SANDWICH	F, M, E, W S, E, W, M W, E, M, S S, W, M, E W
	POTATO SALAD CUCUMBER SALAD FRUIT	E, F, S NONE NONE

21	SALAD MEAL: CHICKEN SALAD CHICKEN SALAD SANDWICH MEAL: PITA PIZZA CHICKEN WRAP DF SANDWICH	W, E, M W, E, M, S W, M S, W, M, E W
	CELERY STICKS RANCH KALE SALAD FRUIT	NONE E, M E NONE

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ALLERGEN KEY:

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



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