

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chef-fil-a Breaded Chicken Sandwich OR: Black Bean Burger on a Whole Wheat Bun WITH: Diced Carrots Ranchero Beans Diced Peaches and Pears</p>	<p>2 NEW! Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Steamed Green Peas Cheez-its Orange Wedges</p>	<p>3 American Hamburger OR: Gardenburger WITH: Whole Wheat Bun Sliced Cheese Potato Wedges Baby Carrots with Ranch Dressing Red Delicious Apple</p>	<p>4 Chicken Parmesan OR: Eggplant Parmesan OVER: Whole Wheat Noodles WITH: Steamed Green Beans Caesar Salad Seedless Grapes Sugar Cookie</p>	<p>5 Domino's Pizza Fridays! Hand Tossed Turkey Pepperoni Pizza OR: Hand Tossed Cheese Pizza WITH: Garden Salad with Honey Mustard Dressing Mixed Up Fruit Cup</p>
<p>8 Lemon Pepper Drumsticks OR: Macaroni and Cheese WITH: Whole Wheat Roll Baked Beans Baby Carrots with Ranch Dip Diced Pears</p>	<p>9 American Hamburger Skillet OR: American Garden Skillet with Cheese WITH: Steamed Sweet Corn Sun Chips Fresh Banana</p>	<p>10 Whole Grain Chicken Corn Dog OR: Meatless Meatball Sub WITH: Calico Beans Broccoli Trees with Ranch Dip Diced Melon Salad</p>	<p>11 Grilled Chicken Strips OR: Spring Roll Sticks WITH: BBQ Sauce Whole Grain Roll Celery Sticks with Ranch Dip Potato Wedges Pineapple Tidbits Chocolate Chip Cookie</p>	<p>12 Domino's Pizza Fridays! Hand Tossed Turkey Pepperoni Pizza OR: Hand Tossed Cheese Pizza WITH: Garden Salad with Low Fat Ranch Dressing Mixed Up Fruit Cup</p>
<p>15 Chicken Nuggets OR: Black Bean Bites WITH: Mashed Potatoes Baked Beans Seedless Grapes</p>	<p>16 Baked Penne Pasta with Ground Turkey OR: Cheesy Baked Pasta WITH: Steamed Green Beans Pretzels Gala Apple</p>	<p>17 Fiesta Chicken Nachos OR: Bean & Cheese Nachos WITH: Seasoned Black Beans Chef Made Salsa Tropical Fruit Salad</p>	<p>18 Chicken and Vegetable Lo Mein featuring Local Springer Mountain All Natural Chicken OR: Vegetable Lo Mein WITH: Whole Wheat Roll Steamed Corn Baby Carrots with Ranch Dip Pineapple Tidbits Sugar Cookie</p>	<p>19 Domino's Pizza Fridays! Hand Tossed Turkey Pepperoni Pizza OR: Hand Tossed Cheese Pizza WITH: Garden Salad with Low Fat Italian Dressing Mixed Up Fruit Cup</p>
<p>22 Chicken Alfredo Pasta OR: Cheesy Alfredo Pasta WITH: Green Beans Caesar Salad Orange Wedges</p>	<p>23 NEW! Picnic Style Chicken Salad Sandwich OR: Soybutter and Jelly EZ-Jammer Sandwich WITH: Steamed Corn on the Cob Cheez-its Fresh Strawberries</p>			



V = Vegetarian Entrée Options



ChefAdvantage is 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.

www.ChefAdvantage.com 770-421-9550

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Salad Meal: Grilled Chicken Salad Fiesta Chicken Taco Salad</p> <p>Sandwich Meal: Deli Chicken and Cheddar Cheese on a Wheat Bun Buffalo Chicken Wrap Dairy Free Turkey Ham Sandwich</p> <p>Sides: Baby Carrots with Hummus Diced Peaches and Pears</p>	<p>2 Salad Meal: Pasta Salad Plate with Crackers Fiesta Chicken Taco Salad</p> <p>Sandwich Meal: Build Your Own Pita Pizza Buffalo Chicken Wrap Dairy Free Turkey Ham Sandwich</p> <p>Sides: Kale Salad with Poppy seed Dressing Cucumber Salad Juicy Orange Wedges</p>	<p>3 Salad Meal: Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges Fiesta Chicken Taco Salad</p> <p>Sandwich Meal: Turkey & Cheese Croissant Buffalo Chicken Wrap Dairy Free Turkey Ham Sandwich</p> <p>Sides: Broccoli Trees with Ranch Dip Southern Potato Salad Red Delicious Apple</p>	<p>4 Salad Meal: Vegetarian Cobb Salad Fiesta Chicken Taco Salad</p> <p>Sandwich Meal: All American Sub Sandwich Buffalo Chicken Wrap Dairy Free Turkey Ham Sandwich</p> <p>Sides: Celery Sticks Baby Carrots with Ranch Dip Seedless Grapes</p>	<p>5 Salad Meal: Black Bean & Corn Salad with Tortilla Chips Fiesta Chicken Taco Salad</p> <p>Sandwich Meal: Soybutter & Jelly on Wheat Bread Buffalo Chicken Wrap Dairy Free Turkey Ham Sandwich</p> <p>Sides: Corn Salad Three Bean Salad Mixed Up Fruit Cup</p>
<p>8 Salad Meal: Chicken Caesar Salad Build Your Own Nacho Plate</p> <p>Sandwich Meal: Chicken Salad Sandwich Turkey & Cheese Croissant Dairy Free Turkey Sandwich</p> <p>Sides: Baby Carrots with Hummus Diced Pears</p>	<p>9 Salad Meal: Vegetarian Cobb Salad Build Your Own Nacho Plate</p> <p>Sandwich Meal: Two Cheese Sandwich Turkey & Cheese Croissant Dairy Free Turkey Sandwich</p> <p>Sides: Kale Salad with Poppy seed Dressing Cucumber Salad Fresh Banana</p>	<p>10 Salad Meal: Fresh Fruit and Yogurt Plate with Oatmeal Squares Build Your Own Nacho Plate</p> <p>Sandwich Meal: Grilled Vegetable Wrap Turkey & Cheese Croissant Dairy Free Turkey Sandwich</p> <p>Sides: Broccoli Trees with Ranch Dip Southern Potato Salad Diced Melon Salad</p>	<p>11 Salad Meal: Chef Salad with Sliced Turkey Build Your Own Nacho Plate</p> <p>Sandwich Meal: All American Sub Sandwich Turkey & Cheese Croissant Dairy Free Turkey Sandwich</p> <p>Sides: Celery Sticks Baby Carrots with Ranch Dip Pineapple Tidbits</p>	<p>12 Salad Meal: Pasta Salad Plate with Crackers Build Your Own Nacho Plate</p> <p>Sandwich Meal: Soybutter & Jelly on Wheat Bread Turkey & Cheese Croissant Dairy Free Turkey Sandwich</p> <p>Sides: Corn Salad Three Bean Salad Mixed Up Fruit Cup</p>
<p>15 Salad Meal: Diced Turkey and Cheese Cracker Plate Vegetarian Cobb Salad</p> <p>Sandwich Meal: Turkey Ham and Cheese on Wheat Bread Deli Chicken and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich</p> <p>Sides: Baby Carrots with Hummus Seedless Grapes</p>	<p>16 Salad Meal: Fiesta Chicken Taco Salad Vegetarian Cobb Salad</p> <p>Sandwich Meal: Chicken Caesar Wrap Deli Chicken and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich</p> <p>Sides: Kale Salad with Poppy seed Dressing Cucumber Salad Gala Apple</p>	<p>17 Salad Meal: Build Your Own Nacho Plate Vegetarian Cobb Salad</p> <p>Sandwich Meal: Buffalo Chicken Wrap Deli Chicken and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich</p> <p>Sides: Broccoli Trees with Ranch Dip Southern Potato Salad Tropical Fruit Salad</p>	<p>18 Salad Meal: Grilled Chicken Salad Vegetarian Cobb Salad</p> <p>Sandwich Meal: Grilled Chicken Wrap Deli Chicken and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich</p> <p>Sides: Celery Sticks Baby Carrots with Ranch Dip Pineapple Tidbits</p>	<p>19 Salad Meal: Tuna Salad Plate with Pita Points Vegetarian Cobb Salad</p> <p>Sandwich Meal: Soybutter & Jelly on Wheat Bread Deli Chicken and Cheddar Cheese on a Wheat Bun Dairy Free Turkey Ham Sandwich</p> <p>Sides: Corn Salad Three Bean Salad Mixed Up Fruit Cup</p>
<p>22 Salad Meal: Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges Fresh Fruit and Yogurt Plate with Oatmeal Squares</p> <p>Sandwich Meal: Two Cheese Sandwich Grilled Chicken Breast on a Wheat Bun Dairy Free Turkey Sandwich</p> <p>Sides: Baby Carrots with Hummus Juicy Orange Wedges</p>	<p>23 Salad Meal: Chef Salad with Sliced Turkey Fresh Fruit and Yogurt Plate with Oatmeal Squares</p> <p>Sandwich Meal: Turkey & Cheese Croissant Grilled Chicken Breast on a Wheat Bun Dairy Free Turkey Sandwich</p> <p>Sides: Kale Salad with Poppy seed Dressing Cucumber Salad Strawberries</p>			



SANDWICH & SALAD MEALS
Includes Two Vegetable Sides and Fruit of the Day
V = Vegetarian Entrée



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<p>1 Chicken Sandwich Soy, Wheat Carrots None Ranchero Beans None Peaches & Pears None Black Bean Burger Wheat, Milk</p>	<p>2 Turkey Meatball Sub Wheat, Soy, Milk, Egg Peas None Cheez-its Milk, Wheat, Soy Orange Wedges None Meatless Meatball Sub Wheat, Eggs, Milk</p>	<p>3 Hamburger Soy Bun Wheat Cheese Soy, Milk Potato Wedges Soy, Wheat Baby Carrots None Ranch Dip Milk, Egg Apple None Gardenburger Soy, Wheat, Milk</p>	<p>4 Chicken Parmesan** Wheat, Egg, Soy, Milk Green Beans None Caesar Salad Fish, Milk, Egg Grapes None Cookie Soy, Wheat, Egg, Milk Eggplant Parmesan Egg, Wheat, Soy, Milk</p>	<p>5 Pizza Milk, Wheat, Soy Salad None Honey Mustard Egg Fruit Cup None</p>
<p>8 Drumsticks None Roll Wheat Baked Beans None Baby Carrots None Ranch Dip Milk, Egg Pears None Macaroni and Cheese Wheat, Milk</p>	<p>9 Hamburger Skillet** Wheat Corn None SunChips Wheat Banana None Garden Skillet with Cheese Soy, Wheat, Milk</p>	<p>10 Corn Dog Soy, Wheat, Milk, Egg Calico Beans None Broccoli None Ranch Dip Milk, Egg Melon Salad None Meatless Meatball Sub Wheat, Eggs, Milk</p>	<p>11 Chicken Strips Soy BBQ Sauce None Roll Wheat Celery None Ranch Dip Milk, Egg Potato Wedges Soy, Wheat Pineapple None Cookie Soy, Wheat, Egg, Milk Spring Roll Sticks Egg, Soy, Wheat, Milk</p>	<p>12 Pizza Milk, Wheat, Soy Salad None Ranch Milk, Egg Fruit Cup None</p>
<p>15 Chicken Nuggets Wheat, Milk, Soy Mashed Potatoes Milk Baked Beans None Grapes None Black Bean Bites Wheat, Milk</p>	<p>16 Penne Pasta ** Wheat, Milk Green Beans None Pretzels Wheat Apple None Perine Pasta ** Wheat, Milk</p>	<p>17 Chicken Nachos Milk Black Beans None Salsa None Tropical Fruit None Bean & Cheese Nachos Milk</p>	<p>18 Chicken Lo Mein** Wheat, Soy Roll Wheat Corn None Baby Carrots None Ranch Dip Milk, Egg Pineapple None Cookie Soy, Wheat, Egg, Milk Vegetable Lo Mein** Wheat, Soy</p>	<p>19 Pizza Milk, Wheat, Soy Salad None Italian Dressing None Fruit Cup None</p>
<p>22 Chicken Alfredo Wheat, Milk Green Beans None Caesar Salad Fish, Milk, Egg Orange Wedges None Vegetarian Alfredo Wheat, Milk</p>	<p>23 Chicken Salad Sandwich Wheat, Soy, Egg Corn Soy Cheez-its Milk, Wheat, Soy Strawberries None Soybutter and Jelly Milk, Soy, Wheat</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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Salad Meal: Grilled Chicken Salad S, E, W, M Fiesta Taco Salad S, W, E, M</p> <p>Sandwich Meal: Deli Chicken & Cheddar S, W, M Buffalo Chicken Wrap S, W, M DF Turkey Ham W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p>2 Salad Meal: Pasta Salad Plate S, W, M Fiesta Taco Salad S, W, E, M</p> <p>Sandwich Meal: Build Your Own Pita Pizza W, M Buffalo Chicken Wrap S, W, M DF Turkey Ham W</p> <p>Kale Salad Cucumber Salad Fruit</p> <p>Egg None None</p>	<p>3 Salad Meal: Grilled Chicken Spinach S, W, M Fiesta Taco Salad S, W, E, M</p> <p>Sandwich Meal: Turkey & Cheese Croissant S, W, M, E Buffalo Chicken Wrap S, W, M DF Turkey Ham W</p> <p>Broccoli Ranch Potato Salad Fruit</p> <p>None Egg, Milk Egg, Fish, Soy None</p>	<p>4 Salad Meal: Vegetarian Cobb Salad S, E, W, M Fiesta Taco Salad S, W, E, M</p> <p>Sandwich Meal: All American Sub Sandwich S, W, M Buffalo Chicken Wrap S, W, M DF Turkey Ham W</p> <p>Celery Carrots Ranch Fruit</p> <p>None None Egg, Milk None</p>	<p>5 Salad Meal: Black Bean Salad Plate W, E, M Fiesta Taco Salad S, W, E, M</p> <p>Sandwich Meal: Soybutter & Jelly S, W, M Buffalo Chicken Wrap S, W, M DF Turkey Ham W</p> <p>Corn Salad Three Bean Salad Fruit</p> <p>Milk, Egg Egg None</p>
<p>8 Salad Meal: Chicken Caesar Salad F, M, E, W Nacho Plate S, W, M</p> <p>Sandwich Meal: Chicken Salad Sandwich W, E, M Turkey & Cheese Croissant S, W, M, E DF Turkey W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p>9 Vegetarian Cobb Salad E, W, M Nacho Plate S, W, M</p> <p>Sandwich Meal: Two Cheese Sandwich W, M Turkey & Cheese Croissant S, W, M, E DF Turkey W</p> <p>Kale Salad Cucumber Salad Fruit</p> <p>Egg None None</p>	<p>10 Salad Meal: Fresh Fruit & Yogurt Plate S, W, M, E Nacho Plate S, W, M</p> <p>Sandwich Meal: Grilled Vegetable Wrap S, W, M Turkey & Cheese Croissant S, W, M, E DF Turkey W</p> <p>Broccoli Ranch Potato Salad Fruit</p> <p>None Egg, Milk Egg, Fish, Soy None</p>	<p>11 Salad Meal: Chef Salad S, E, W, M Nacho Plate S, W, M</p> <p>Sandwich Meal: All American Sub Sandwich S, W, M Turkey & Cheese Croissant S, W, M, E DF Turkey W</p> <p>Celery Carrots Ranch Fruit</p> <p>None None Egg, Milk None</p>	<p>12 Salad Meal: Pasta Salad Plate S, W, M Nacho Plate S, W, M</p> <p>Sandwich Meal: Soybutter & Jelly S, W, M Turkey & Cheese Croissant S, W, M, E DF Turkey W</p> <p>Corn Salad Three Bean Salad Fruit</p> <p>Milk, Egg Egg None</p>
<p>15 Salad Meal: Turkey & Cheese Plate W, M Vegetarian Cobb Salad E, W, M</p> <p>Sandwich Meal: Turkey Ham and Cheese W, M Deli Chicken & Cheddar E, W, M DF Turkey Ham W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p>16 Salad Meal: Fiesta Taco Salad E, M Vegetarian Cobb Salad E, W, M</p> <p>Sandwich Meal: Chicken Caesar Wrap F, M, E, W, S Deli Chicken & Cheddar E, W, M DF Turkey Ham W</p> <p>Kale Salad Cucumber Salad Fruit</p> <p>Egg None None</p>	<p>17 Salad Meal: Nacho Plate M Vegetarian Cobb Salad E, W, M</p> <p>Sandwich Meal: Buffalo Chicken Wrap W, M, S, E Deli Chicken & Cheddar E, W, M DF Turkey Ham W</p> <p>Broccoli Ranch Potato Salad Fruit</p> <p>None Egg, Milk Egg, Fish, Soy None</p>	<p>18 Salad Meal: Grilled Chicken Salad S, E, W, M Vegetarian Cobb Salad E, W, M</p> <p>Sandwich Meal: Grilled Chicken Wrap S, W, M Deli Chicken & Cheddar E, W, M DF Turkey Ham W</p> <p>Celery Carrots Ranch Fruit</p> <p>None None Egg, Milk None</p>	<p>19 Salad Meal: Tuna Salad Plate E, W, F Vegetarian Cobb Salad E, W, M</p> <p>Sandwich Meal: Soybutter & Jelly S, W, M Deli Chicken & Cheddar E, W, M DF Turkey Ham W</p> <p>Corn Salad Three Bean Salad Fruit</p> <p>Milk, Egg Egg None</p>
<p>22 Salad Meal: Grilled Chicken Spinach S, W, M Fresh Fruit & Yogurt Plate S, W, M, E</p> <p>Sandwich Meal: Two Cheese Sandwich W, M Grilled Chicken Sandwich S, W, M, E DF Turkey W</p> <p>Baby Carrots Hummus Fruit</p> <p>None None None</p>	<p>23 Salad Meal: Chef Salad E, W, M Fresh Fruit & Yogurt Plate S, W, M, E</p> <p>Sandwich Meal: Turkey & Cheese Croissant S, W, M, E Grilled Chicken Sandwich S, W, M, E DF Turkey W</p> <p>Kale Salad Cucumber Salad Fruit</p> <p>Egg None None</p>			

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