


Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Creamy Chicken Alfredo Pasta</b> featuring Local Springer Mountain All Natural Chicken <b>WITH:</b> Green Peas Diced Pears	<b>2 All American Hamburger</b> <b>WITH:</b> Wheat Bun Ketchup Sliced American Cheese Creamy Mashed Potatoes Mandarin Oranges	<b>3 Whole Grain Chicken Strips</b> <b>WITH:</b> House-made Honey Mustard Sauce Mixed Vegetables Diced Peaches	<b>4 Pizza Day Whole Wheat Cheese Pizza</b> <b>WITH:</b> Baby Carrots with Ranch Dip Pineapple Tidbits  <b>*Diced Carrots</b>
<b>7 Chicken and Bowtie Butter Pasta</b> <b>WITH:</b> Fresh Broccoli with Ranch Dip Citrus Smiles  <b>*Green Peas</b>	<b>8 Crispy Chicken Sandwich</b> <b>WITH:</b> Wheat Bun Honey Mustard Fresh Cut Green Beans Strawberry Applesauce	<b>9 Twist &amp; Shout Mac 'n Cheese</b> <b>WITH:</b> Whole Wheat Roll Vegetable Medley Diced Peaches	<b>10 Oven Roasted Chicken</b> <b>WITH:</b> Lemon Herb Rice Green Lima Beans Mandarin Oranges	<b>11 Savory Turkey Meatballs</b> <b>IN:</b> Marinara Sauce <b>WITH:</b> Spaghetti Garden Salad with Italian Dressing* Diced Pears  <b>*Golden Corn</b>
<b>14 Whole Grain Chicken Nuggets</b> <b>WITH:</b> Barbeque Sauce Creamy Mashed Potatoes Diced Peaches	<b>15 NEW! Teriyaki Chicken with Asian Style Noodles</b> <b>WITH:</b> Vegetable Medley Mandarin Oranges	<b>16 Picnic Style Chicken Salad Sandwich</b> <b>WITH:</b> Baby Carrots with Ranch Dip Fresh Strawberries  <b>*Green Peas</b>	<b>17 American Hamburger Skillet</b> <b>WITH:</b> Garden Salad with Ranch Dressing Diced Peaches  <b>*Diced Carrots</b>	<b>18 Chicken Quesadilla</b> featuring Local Springer Mountain All Natural Chicken <b>WITH:</b> Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit
<b>21 Creamy Chicken Alfredo Pasta</b> featuring Local Springer Mountain All Natural Chicken <b>WITH:</b> Green Beans Diced Peaches	<b>22 Fiesta Chicken Soft Taco</b> <b>WITH:</b> Shredded Cheddar Cheese Sweet Yellow Corn Mandarin Oranges	<b>23 Mama Mia Marinara Turkey Meatball Sub</b> <b>WITH:</b> Sliced Cheese Vegetable Medley Diced Peaches	<b>24 Topsy Turvy Breakfast for Lunch!!</b> <b>Whole Grain French Toast Sticks</b> <b>WITH:</b> Turkey Sausage Waffle Syrup Applesauce Banana Half	<b>25 Turkey Cheeseburger Mac</b> <b>WITH:</b> Whole Wheat Roll Green Peas Fruit Yogurt Cup
<b>28 BBQ Pulled Chicken Sandwich</b> <b>WITH:</b> Wheat Bun Slow Cooked Baked Beans Fresh Sliced Apples  <b>*Applesauce</b>	<b>29 Spaghetti in a Savory Turkey Meat Sauce</b> <b>WITH:</b> Mozzarella Cheese Shreds Soft Breadstick Fresh Cut Green Beans Diced Pears	<b>30 Tex Mex Turkey Soft Taco</b> <b>WITH:</b> Cheddar Cheese Shredded Lettuce Golden Corn Pineapple Tidbits	<b>31 Under-the-sea-Whole Wheat Fish Nuggets</b> <b>WITH:</b> Homemade Tartar Sauce Whole Wheat Roll Diced Carrots Diced Peaches	 <b>www.ChefAdvantage.com</b> <b>770-421-9550</b>

**\*2oz Steamed Vegetable Substitute for Toddler**

**Milk Served with Lunch Daily**

- No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes
- Locally sourced ingredients included whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken Alfredo** Peas Diced Pears <b>Milk, Wheat None None</b>	<b>2</b> Hamburger Bun Cheese Mashed Potatoes Oranges <b>Soy Wheat Soy, Milk Soy None</b>	<b>3</b> Chicken Strips Honey Mustard Mixed Vegetables Peaches <b>Soy, Wheat, Egg, Milk Egg None None</b>	<b>4</b> Cheese Pizza Baby Carrots Ranch Dip Pineapple <b>Soy, Wheat, Milk None Milk, Egg None</b> *Diced Carrots None
<b>7</b> Bowtie Pasta Broccoli Ranch Dip Oranges *Green Peas <b>Soy, Wheat None Milk, Egg None None</b>	<b>8</b> Chicken Bun Honey Mustard Green Beans Strawberry Applesauce <b>Soy, Wheat, Egg Wheat Egg None None</b>	<b>9</b> Pasta** Roll Mixed Vegetables Peaches <b>Wheat, Milk Wheat None None</b>	<b>10</b> Roasted Chicken Lemon Rice Lima Beans Oranges <b>Soy Soy None None</b>	<b>11</b> Spaghetti** Mozzarella Cheese Garden Salad Italian Dressing Pears *Corn <b>Wheat Milk None Soy None None</b>
<b>14</b> Chicken Nuggets BBQ Sauce Mashed Potatoes Peaches <b>Soy, Milk, Egg, Wheat None Soy None</b>	<b>15</b> Teriyaki Chicken Mixed Vegetables Oranges <b>Soy, Wheat None None</b>	<b>16</b> Chicken Salad Sandwich Baby Carrots Ranch Dip Strawberries *Peas <b>Wheat, Egg, Milk None Milk, Egg None None</b>	<b>17</b> Hamburger Skillet** Garden Salad Ranch Dressing Diced Pears *Diced Carrots <b>Wheat None Milk, Egg None None</b>	<b>23</b> Chicken Quesadilla Salsa Rice Corn Tropical Fruit <b>Milk, Wheat None Milk None None</b>
<b>21</b> Chicken Alfredo** Green Beans Peaches <b>Milk, Wheat None None</b>	<b>22</b> Soft Taco Cheddar Cheese Corn Oranges <b>Wheat Milk None None</b>	<b>23</b> Turkey Meatballs Bun Cheese Mixed Vegetables Diced Pears <b>Soy, Wheat, Milk, Egg Wheat Soy, Milk None None</b>	<b>24</b> French Toast Syrup Turkey Sausage Applesauce Banana <b>Soy, Wheat, Milk, Egg None None None None</b>	<b>25</b> Cheeseburger Mac** Roll Green Peas Yogurt Cup <b>Wheat, Milk Wheat None Milk</b>
<b>28</b> Pulled Chicken Baked Beans Apples *Applesauce <b>Wheat None None</b>	<b>29</b> Spaghetti** Mozzarella Cheese Breadstick Green Beans Pears <b>Wheat Milk Wheat None None</b>	<b>23</b> Soft Taco Cheddar Cheese Lettuce Corn Pineapple <b>Wheat Milk None None None</b>	<b>31</b> Fish Nuggets Tartar Sauce Roll Carrots Peaches <b>Wheat, Fish, Milk Egg, Fish Wheat None None</b>	

**\*\*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.