September 2020 — Tate's School Green House — Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
ChefAdvantage	**1** **Spaghetti with a Savory Turkey Meat Sauce** **WITH**: Sautéed Zucchini Fresh Orange Wedges	**2** **Chicken Quesadilla** **WITH:** Mexicali Rice Steamed Corn Half Banana	**3** **Beef and Cheese Burrito** **WITH:** Rice Sliced Bell Peppers Diced Pears	**4** **Pizza Day!** Cheese Pizza **WITH:** Roasted Broccoli Mixed Fruit Chocolate Chip Cookie
7 **No School** **Labor Day**	**8** **Pork Lo Mein** **WITH**: Vegetable Eggroll Snap Peas Mandarin Oranges	**9** **Chicken Caprese Pasta Salad** Yogurt Cup Broccoli Diced Cantaloupe	**10** **NATIONAL HOT DOG DAY!** **Hot Dog** **WITH**: Baked Beans Carrot Sticks Apple Wedges	**11** **Hawaiian BBQ Chicken** **WITH**: Steamed Brown Rice Vegetable Medley Pineapple Tidbits Hawaiian Beach Pudding Parfaits
14 **Pulled Pork Sandwich** **WITH:** Super Slaw Baked Beans Fresh Orange Wedges	**15** **Parent Teacher Conference**	**16** **Parent Teacher Conference**	**17** Grilled Cheese **WITH**: Yogurt Cup Vegetable Medley Half Banana	**18** **Pizza Day!** Cheese Pizza **WITH:** Steamed Peas Mixed Fruit Brownies
21 **Chicken Tenders** **WITH:** Red Mashed Potatoes Roasted Green Beans Diced Cantaloupe	**22** **Beef Stroganoff** **WITH:** Steamed Peas Diced Peaches	**23** WowButter and Jelly Sandwich **WITH**: Yogurt Cup Celery with Ranch Dip Apple Slices	**24** **BBQ Chicken Slider** **WITH:** Diced Carrots Sliced Cucumbers Mandarin Oranges	**25** **NATIONAL QUESADILLA DAY!** Cheese Quesadilla **WITH:** Steamed Corn Sautéed Green Beans Mixed Fruit Rice Krispies
28 **Chicken Mac 'n Cheese** **WITH:** Green Peas Sliced Tomatoes Diced Pineapple	**29** **All American Hamburger** **WITH:** Soft Bun Sliced American Cheese Roasted Garlic Potatoes Carrot Sticks Fresh Orange Slices	**30** **Ham and Cheese Roll Ups** **WITH:** Sliced Cucumbers Diced Pears Applesauce		

Daily Options:

Roast Turkey Breast, Ham and Cheese, Sunbutter and Jelly Sandwiches

Daily Side Salads

Assorted Fresh Fruit

V = Vegetarian Entrée Options

Milk and Water Served with Lunch Daily

Whole Fresh Fruit is Available Every Day!

We are committed to Healthy, Nutritious & Delicious Meals.
Locally sourced ingredients included whenever possible.
No High Fructose Corn Syrup, Trans Fats,
or MSG are used in our recipes.

770-421-9550 www.ChefAdvantage.com

September 2020	Tate's School			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti **W** Sautéed Zucchini **None** Orange Wedges **None**	**2** Chicken Quesadilla **W,M** Rice **None** Corn **None** Half Banana **None**	**3** Beef Burrito **W, M** Shredded Lettuce **None** Sliced Bell Peppers **None** Diced Pears **None**	**4** Cheese Pizza **W,M** Roasted Broccoli **None** Mixed Fruit **None** Chocolate Chip Cookie **W,M,E**
No School **Labor Day**	**8** Pork Lo Mein **W** Snap Peas **None** Mandarin Oranges **None**	**9** Chicken Caprese Pasta Salad **M** Yogurt Cup **M** Broccoli **None** Diced Cantaloupe **None**	**10** Hot Dog **W** Carrot Sticks **None** Apple Wedges **None**	**11** Hawaiian Chicken **W,S** Brown Rice **None** Vegetable Medley **None** Pineapple Tidbits **None** Pudding Parfaits **M,W**
14 Pulled Pork Sandwich **W** Super Slaw **None** Baked Beans **None** Orange Wedges **None**	**18** **Parent Teacher Conference**	**19** **Parent Teacher Conference**	**17** Grilled Cheese **W,M** Yogurt Cup **M** Vegetable Medley **None** Half Banana **None**	**18** Cheese Pizza **W,M** Steamed Peas **None** Mixed Fruit **None** Brownies **W,E**
21 Chicken Tenders **W** Mashed Potatoes **M** Green Beans **None** Diced Cantaloupe **None**	**22** Beef Stroganoff **W,M,E,S,F** Steamed Peas **None** Diced Peaches **None**	**23** Sun Butter Sandwich **W** Yogurt Cup **M** Vegetable Medley **None** Apple Slices **None**	**24** BBQ Chicken Slider **W** Diced Carrots **None** Mandarin Oranges **None**	**25** Cheese Quesadilla **W,M** Steamed Corn **None** Green Beans **None** Mixed Fruit **None** Rice Krispies **M**
28 Mac 'n Cheese **M,W** Green Peas **None** Diced Pineapple **None**	**29** Hamburger **None** Soft Bun **W** Sliced American Cheese **M** Roasted Potatoes **None** Carrot Sticks **None** Orange Slices **None**	**30** Ham Roll Ups **W,M** Sliced Cucumbers **None** Applesauce **None**		

Whole Fresh Fruit is Available Every Day!

ALLERGEN KEY:
Soy = S
Wheat = W
Egg = E
Milk = M
Fish = F

This list is comprised of the most common allergens we chart, including **eggs, soy, fish, 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.

ChefAdvantage does not include the Soy allergen when Soybean Oil is present. The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.

This institution is an equal opportunity provider.