

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="background-color: #4F81BD; color: white; padding: 10px; border-radius: 5px;"> <p>Milk is Included with All Meals Choose 1% White or Fat Free Chocolate Milk</p> </div>			<p>1 Whole Grain Chicken Strips WITH: House-Made Honey Mustard Sauce Whole Grain Roll Mashed Potatoes Romaine Salad with Ranch Dressing Fresh Gala Apple</p>	<p>2 All Beef Hot Dog WITH: Garden Salad with Low Fat Citrus Vinaigrette Dressing Mixed Up Fruit Cup</p>
<p>5 Chef-fil-a Breaded Chicken Sandwich on a Whole Wheat Bun WITH: Steamed Kernel Corn Ranchero Beans Red Delicious Applesauce</p>	<p>6 Whole Grain Macaroni and Cheese with Diced Turkey Ham WITH: Green Peas Romaine Salad with Italian Dressing Red Seedless Grapes</p>	<p>7 Lemon Pepper Drumsticks WITH: Whole Wheat Roll Baked Beans Baby Carrots with Ranch Dip Diced Pears</p>	<p>8 NEW! Chicken and Dumplings WITH: Cucumber Slices with Ranch Dressing Sweet Potato Fries Granny Smith Apple</p>	<p>9 Whole Grain Chicken Nuggets WITH: Garden Salad with Low Fat Italian Dressing Mixed Up Fruit Cup</p>
<p>12 BBQ Pulled Chicken Sandwich WITH: Baked Beans Steamed Corn on the Cob Tropical Fruit Salad</p>	<p>13 Breakfast for Lunch! Whole Grain Waffle Sticks WITH: Breakfast Syrup Turkey Sausage Breakfast Potatoes Baby Carrots with Ranch Dip Mandarin Orange and Pineapple</p>	<p>14 Soft Turkey Taco on a Whole Grain Tortilla WITH: Shredded Cheese and Lettuce Seasoned Black Beans Homemade Salsa with Tortilla Chips Diced Peaches</p>	<p>15 Chicken Parmesan OVER: Whole Wheat Noodles WITH: Steamed Green Beans Romaine Salad with Ranch Dressing Orange Wedges</p>	<p>16 Whole Wheat Cheese Pizza WITH: Garden Salad with Low Fat Ranch Dressing Mixed Up Fruit Cup</p>
<p>19 Chicken and Vegetable Lo Mein featuring Local Springer Mountain All Natural Chicken WITH: Steamed Corn Baby Carrots with Ranch Dip Pineapple Tidbits</p>	<p>20 Grilled Chicken Strips WITH: BBQ Sauce Whole Grain Roll Southern Style Baked Beans Sweet Potato Fries Seedless Grapes</p>	<p>21 American Hamburger Skillet WITH: Green Peas Romaine Salad with Italian Dressing Granny Smith Apple</p>		



ChefAdvantage is committed to Healthy, Nutritious and 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
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This institution is an equal opportunity provider.

Monday Tuesday Wednesday Thursday Friday



1 Chicken Strips Soy, Wheat, Milk, Egg Honey Mustard Soy, Egg Roll Wheat, Soy Mashed Potatoes Soy, Milk Salad None Ranch Soy, Milk, Egg Apple None	2 Hot Dog Wheat, Soy Salad None Citrus Vinaigrette None Fruit Cup None
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5 Chicken Sandwich Soy, Wheat, Milk, Egg Corn None Ranchero Beans None Applesauce None

6 Mac & Cheese w/ Turkey Ham** Wheat, Milk, Soy Green Peas None Salad None Italian Dressing None Grapes None

7 Drumsticks None Roll Soy, Wheat Baked Beans None Baby Carrots None Ranch Dip Soy, Milk, Egg Pears None

8 Chicken & Dumplings Soy, Wheat Cucumber Slices None Ranch Soy, Milk, Egg Sweet Potato Fries Soy Apple None

9 Chicken Nuggets Milk, Wheat, Egg Salad None Italian Dressing None Fruit Cup None

12 BBQ Chicken Sandwich Wheat, Soy Baked Beans None Corn None Tropical Fruit None

13 Waffle Sticks Soy, Wheat, Milk, Egg Turkey Sausage None Syrup None Potatoes Soy Baby Carrots None Ranch Dip Soy, Milk, Egg Pineapple/Orange None

14 Turkey Taco Wheat, Soy Cheese Milk Lettuce None Black Beans None Salsa None Tortilla Chips None Peaches None

15 Chicken Parmesan** Wheat, Egg, Soy, Milk Green Beans None Salad None Ranch Soy, Milk, Egg Orange Wedges None

17 Pizza Milk, Wheat, Soy Salad None Ranch Soy, Milk, Egg Fruit Cup None

20 Chicken Lo Mein** Wheat, Soy Corn None Baby Carrots None Ranch Dip Soy, Milk, Egg Pineapple None

21 Chicken Strips Soy, Wheat, Milk, Egg BBQ Sauce None Roll Wheat, Soy Baked Beans None Sweet Potato Fries Soy Grapes None

22 Hamburger Skillet** Wheat, Soy Peas None Salad None Italian Dressing None Apple 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.