

December 2018		ChefAdvantage			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Diced Pears	4 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun BBQ Sauce Green Peas Banana Half	5 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Fresh Sliced Apples* *Applesauce	6 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Fruit Yogurt Cup	7 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Honey Mustard Diced Carrots Mandarin Oranges	
10 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Garden Salad with Italian Dressing* Diced Pears *Diced Carrots	11 Turkey Gumbo OR: Tofu Gumbo WITH: Cornbread Mixed Vegetables Diced Peaches	12 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta with: Soft Breadstick Steamed Green Beans Diced Pineapple	13 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half	14 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Italian Dressing* Vanilla Pears *Green Peas	
17 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito Shredded Cheddar Cheese Sweet Yellow Corn Diced Peaches	18 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Fruit Yogurt Cup	19 Twist & Shout Mac 'n Cheese WITH: Soft Breadstick Green Peas Mandarin Oranges	20 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Mixed Vegetables Fresh Sliced Apples* *Applesauce		

Happy Holidays



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

www.ChefAdvantage.com

V = Vegetarian

Milk Served with Lunch Daily

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

December 2018		ChefAdvantage		Allergen List	
Monday		Tuesday		Wednesday	
Monday		Tuesday		Thursday	
Monday		Friday		Friday	
3 Chicken Alfredo** Milk, Wheat Mixed Vegetables None Diced Pears None Alfredo Pasta Wheat, Milk, Soy	4 Chicken Soy, Wheat Bun Wheat BBQ Sauce None Green Peas None Banana None Black Bean Sandwich Soy, Wheat, Milk	5 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Apples None *Applesauce None Bean and Cheese Burrito Wheat, Milk, Soy	6 Beefy Macaroni Skillet** Wheat Breadstick Wheat Green Beans None Yogurt Milk Garden Skillet Wheat, Milk	7 Chicken Nuggets Soy, Milk, Wheat Honey Mustard Egg Diced Carrots None Oranges None Boca Nuggets Soy, Wheat	
10 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Garden Salad None Italian Dressing None Diced Pears None Meatless Meatball Sub Wheat, Milk, Egg *Diced Carrots None	11 Turkey Gumbo Soy Cornbread Wheat, Soy, Egg, Milk Mixed Vegetables None Applesauce None Tofu Gumbo Soy	12 Cheeseburger Mac** Wheat, Milk Breadstick Wheat Green Beans None Pineapple None Cheesy Shells Wheat, Milk	13 French Toast Soy, Wheat, Milk, Egg Syrup None Turkey Sausage None Applesauce None Banana None Vegetarian Sausage Soy, Wheat, Milk, Egg	14 Pizza Soy, Wheat, Milk Garden Salad None Italian Dressing None Diced Pears None *Peas None	
17 Soft Taco Wheat Cheddar Cheese Milk Corn None Peaches None Bean and Cheese Burrito Wheat, Milk, Soy	18 Hamburger None Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Yogurt Milk Gardenburger Soy, Wheat, Milk	19 Pasta** Wheat, Milk Breadstick Wheat Green Peas None Oranges None *Applesauce None	20 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Mixed Vegetables None Apples None Meatless Meatballs Wheat, Milk, Egg *Applesauce None		

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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 egg, soy, 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.

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.