

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>V = Vegetarian Entrée Options</b>  <b>*Steamed Vegetable Substitute for Toddler</b>  <b>Milk Served with Lunch Daily</b></p>				<p><b>1</b>  <b>Whole Grain Chicken Nuggets</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> Honey Mustard                      Diced Carrots                      Mandarin Oranges</p>
<p><b>4</b>  <b>Beefy Macaroni Skillet</b>  <b>OR: American Garden Skillet with Cheese</b>  <b>WITH:</b> Soft Breadstick                      Green Beans                      Fruit Yogurt Cup</p>	<p><b>5</b>  <b>Topsy Turvy Breakfast for Lunch!!</b>  <b>Whole Grain French Toast Sticks</b>  <b>WITH: Turkey Sausage</b>  <b>OR: Vegetarian Sausage</b>                      Waffle Syrup                      Applesauce                      Banana Half</p>	<p><b>6</b>  <b>BBQ Pulled Chicken Sandwich</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Wheat Bun                      Slow Cooked Baked Beans                      Diced Pineapple</p>	<p><b>7</b>  <b>NATIONAL ALFREDO DAY!</b>  <b>Creamy Chicken Alfredo Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Creamy Alfredo Pasta</b>  <b>WITH:</b> Vegetable Medley                      Diced Pears</p>	<p><b>8</b>  <b>Whole Grain Crispy Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> Soft Bun                      BBQ Sauce                      Green Peas                      Diced Peaches</p>
<p><b>11</b>  <b>Mama Mia Marinara Turkey Meatball Sub</b>  <b>OR: Meatless Meatball Sub</b>  <b>WITH:</b> Sliced Cheese                      Diced Carrots                      Tropical Fruit</p>	<p><b>12</b>  <b>Twist &amp; Shout Mac 'n Cheese</b>  <b>WITH:</b> Soft Breadstick                      Garden Salad with Italian Dressing*                      Mandarin Oranges   <b>*Green Beans</b></p>	<p><b>13</b>  <b>Pizza Day! Personal Cheese Pizza</b>  <b>WITH:</b> Green Peas                      Fresh Sliced Apples*   <b>*Applesauce</b></p>	<p><b>14</b>  <b>Fiesta Chicken Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>  <b>WITH:</b> Shredded Cheddar Cheese                      Sweet Yellow Corn                      Diced Pineapple</p>	<p><b>15</b>  <b>Chicken and Bowtie Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Roasted Veggies Sticks</b>  <b>WITH:</b> Diced Carrots                      Diced Peaches</p>
<p><b>18</b>  <b>Teriyaki Chicken with Asian Style Noodles</b>  <b>OR: Vegetable Teriyaki Noodles</b>  <b>WITH:</b> Green Peas                      Diced Pears</p>	<p><b>19</b>  <b>Oven Roasted Chicken</b>  <b>OR: Eggplant with Cheese</b>  <b>WITH:</b> Soft Breadstick                      Green Beans                      Banana Half</p>	<p><b>20</b>  <b>All American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Soft Bun                      Sliced American Cheese                      Mashed Potatoes                      Fruit Yogurt Cup</p>	<p><b>21</b>  <b>Chicken Quesadilla</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Bean and Cheese Quesadilla</b>  <b>WITH:</b> Freshly Made Mild Salsa                      Mexicali Rice                      Steamed Corn                      Tropical Fruit</p>	<p><b>22</b>  <b>Spaghetti in a Savory Turkey Meat Sauce</b>  <b>OR: Spaghetti with Garden Vegetables in Herb Sauce</b>  <b>WITH:</b> Mozzarella Cheese Shreds                      Whole Wheat Roll                      Green Beans                      Diced Pineapple</p>
<p><b>25</b>  <b>Savory Turkey Meatballs</b>  <b>OR: Meatless Meatballs</b>  <b>IN:</b> Marinara Sauce  <b>WITH:</b> Spaghetti                      Mixed Vegetables                      Diced Pineapple</p>	<p><b>26</b>  <b>Grilled Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> House-made Southwest Ranch                      Garden Salad with Italian Dressing*                      Vanilla Pears   <b>*Green Peas</b></p>	<p><b>27</b>  <b>Under-the-sea-Whole Wheat Fish Nuggets</b>  <b>OR: Roasted Veggies Sticks</b>  <b>WITH:</b> Homemade Tartar Sauce  <b>WITH:</b> Soft Breadstick                      Steamed Green Beans                      Fresh Sliced Apples*   <b>*Applesauce</b></p>	<p><b>28</b>  <b>Tex Mex Turkey Soft Taco</b>  <b>OR: Bean and Cheese Burrito</b>  <b>WITH:</b> Cheddar Cheese                      Shredded Lettuce                      Steamed Corn                      Mandarin Oranges</p>	



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

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February 2019	Childcare			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Chicken Nuggets <b>Soy, Milk, Wheat</b> Honey Mustard <b>Egg</b> Diced Carrots <b>None</b> Oranges <b>None</b>  Boca Nuggets <b>Soy, Wheat</b>
<b>4</b> Beefy Macaroni Skillet**  Breadstick Green Beans Yogurt Garden Skillet  <b>Wheat</b> <b>Wheat</b> <b>None</b> <b>Milk</b>  <b>Wheat, Milk</b>	<b>5</b> French Toast <b>Soy, Wheat, Milk, Egg</b> Syrup <b>None</b> Turkey Sausage <b>None</b> Applesauce <b>None</b> Banana <b>None</b>  Vegetarian Sausage <b>Soy, Wheat, Milk, Egg</b>	<b>6</b> Pulled Chicken <b>Wheat</b> Baked Beans <b>None</b> Pineapple <b>None</b>  Gardenburger <b>Soy, Wheat, Milk</b>	<b>7</b> Chicken Alfredo** <b>Milk, Wheat</b> Mixed Vegetables <b>None</b> Diced Pears <b>None</b>  Alfredo Pasta <b>Wheat, Milk, Soy</b>	<b>8</b> Chicken <b>Soy, Wheat</b> Bun <b>Wheat</b> BBQ Sauce <b>None</b> Green Peas <b>None</b> Peaches <b>None</b>  Black Bean Sandwich <b>Soy, Wheat, Milk</b>
<b>11</b> Turkey Meatballs <b>Soy, Wheat, Milk, Egg</b> Bun <b>Wheat</b> Cheese <b>Soy, Milk</b> Carrots <b>None</b> Tropical Fruit <b>None</b>  Meatless Meatball Sub <b>Wheat, Milk, Egg</b>	<b>12</b> Pasta** <b>Wheat, Milk</b> Breadstick <b>Wheat</b> Garden Salad <b>None</b> Italian Dressing <b>None</b> Oranges <b>None</b>  *Green Beans <b>None</b>	<b>13</b> Pizza <b>Soy, Wheat, Milk</b> Green Peas <b>None</b> Apples <b>None</b>  *Applesauce <b>None</b>	<b>14</b> Soft Taco <b>Wheat</b> Cheddar Cheese <b>Milk</b> Corn <b>None</b> Pineapple <b>None</b>  Bean and Cheese Burrito <b>Wheat, Milk, Soy</b>	<b>15</b> Bowtie Pasta <b>Soy, Wheat</b> Diced Carrots <b>None</b> Peaches <b>None</b>  Roasted Veggie Sticks <b>Soy, Wheat, Milk, Egg</b>
<b>18</b> Teriyaki Chicken <b>Soy, Wheat</b> Green Peas <b>None</b> Diced Pears <b>None</b>  Vegetable Teriyaki Noodles <b>Soy, Wheat</b>	<b>19</b> Roasted Chicken <b>Soy</b> Breadstick <b>Wheat</b> Green Beans <b>None</b> Banana <b>None</b>  Eggplant w/ Cheese <b>Soy, Wheat, Milk</b>	<b>20</b> Hamburger <b>None</b> Bun <b>Wheat</b> Cheese <b>Soy, Milk</b> Mashed Potatoes <b>Soy</b> Yogurt <b>Milk</b>  Gardenburger <b>Soy, Wheat, Milk</b>	<b>21</b> Chicken Quesadilla <b>Milk, Wheat</b> Salsa <b>None</b> Rice <b>Milk</b> Corn <b>None</b> Tropical Fruit <b>None</b>  Bean & Cheese Quesadilla <b>Wheat, Milk, Soy</b>	<b>22</b> Spaghetti** <b>Wheat</b> Mozzarella Cheese <b>Milk</b> Roll <b>Wheat</b> Green Beans <b>None</b> Pineapple <b>None</b>  Spaghetti w/ Cheese <b>Milk, Wheat</b>
<b>25</b> Turkey Meatballs <b>Soy, Wheat, Milk, Egg</b> Spaghetti <b>Soy, Wheat</b> Mixed Vegetables <b>None</b> Pineapple <b>None</b>  Meatless Meatballs <b>Wheat, Milk, Egg</b>	<b>26</b> Grilled Chicken <b>Soy</b> Bun <b>Wheat</b> Southwest Ranch <b>Milk, Egg</b>  Garden Salad <b>None</b> Italian Dressing <b>None</b> Diced Pears <b>None</b>  *Green Peas <b>None</b>  Black Bean Sandwich <b>Soy, Wheat, Milk</b>	<b>27</b> Fish Nuggets <b>Wheat, Milk, Fish</b> Tartar Sauce <b>Egg, Fish</b> Breadstick <b>Wheat</b> Green Beans <b>None</b> Apples <b>None</b>  *Applesauce <b>None</b>  Veggie Sticks <b>Wheat, Milk, Soy, Egg</b>	<b>28</b> Soft Taco <b>Wheat</b> Cheddar Cheese <b>Milk</b> Lettuce <b>None</b> Corn <b>None</b> Oranges <b>None</b>  Bean and Cheese Burrito <b>Wheat, Milk, Soy</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.