

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>V = Vegetarian Entrée Options</b></p> <p><b>Milk Served with Lunch Daily</b></p> <p><b>*Steamed Vegetable Substitute for Toddler</b></p>				<p><b>1</b>  <b>Whole Grain Chicken Nuggets</b>  <b>OR: Boca Nuggets</b>  <b>WITH:</b> Ketchup                      Diced Carrots                      Diced Peaches</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>BBQ Pulled Chicken Sandwich</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Wheat Bun                      Slow Cooked Baked Beans                      Diced Pineapple</p>	<p><b>6</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>7</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>8</b>  <b>Whole Grain Crispy Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> Soft Bun                      House-Made Honey Mustard                      Green Peas                      Diced Peaches</p>
<p><b>11</b>  <b>Twist &amp; Shout Mac 'n Cheese</b>  <b>WITH:</b> Soft Breadstick                      Green Peas                      Mandarin Oranges</p>	<p><b>12</b>  <b>Chicken and Bowtie Pasta</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Roasted Veggie Sticks</b>  <b>WITH:</b> Diced Carrots                      Diced Peaches</p>	<p><b>13</b>  <b>Pizza Day!</b>  <b>Personal Cheese Pizza</b>  <b>WITH:</b> Garden Salad with Italian Dressing*                      Diced Pineapple    <b>*Green Beans</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                      Fresh Apple Slices*    <b>*Applesauce</b></p>	<p><b>15</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>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>All American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Soft Bun                      Sliced American Cheese                      Mashed Potatoes                      Fruit Yogurt Cup</p>	<p><b>20</b>  <b>Oven Roasted Chicken</b>  <b>OR: Eggplant with Cheese</b>  <b>WITH:</b> Soft Breadstick                      Green Beans                      Diced Pineapple</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                      Green Beans                      Banana Half</p>
<p><b>25</b>  <b>Cheese Pizza Dippers</b>  <b>WITH:</b> Marinara Sauce                      Mixed Vegetables                      Vanilla Pears</p>	<p><b>26</b>  <b>Under-the-sea-Whole Wheat Fish Nuggets</b>  <b>OR: Roasted Veggie Sticks</b>  <b>WITH:</b> Homemade Tartar Sauce  <b>WITH:</b> Steamed Green Beans                      Fresh Sliced Apples*    <b>*Applesauce</b></p>	<p><b>27</b>  <b>Savory Turkey Meatballs</b>  <b>OR: Meatless Meatballs</b>  <b>IN:</b> Marinara Sauce  <b>WITH:</b> Spaghetti                      Garden Salad with Italian Dressing*                      Diced Pineapple    <b>*Green Peas</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>	<p><b>29</b>  <b>Grilled Chicken Sandwich</b>  <b>OR: Black Bean Sandwich</b>  <b>WITH:</b> House-made Southwest Ranch Garden Salad with Italian Dressing*                      Diced Peaches and Pears    <b>*Diced Carrots</b></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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March 2019		Childcare		Allergen List	
Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b> Chicken Nuggets <b>Soy, Milk, Wheat</b> Diced Carrots <b>None</b> Peaches <b>None</b>  Boca Nuggets <b>Soy, Wheat</b>	
<b>4</b> Beefy Macaroni Skillet** Breadstick Green Beans Yogurt Garden Skillet <b>Wheat, Milk</b> <b>Wheat</b> <b>Wheat</b> <b>None</b> <b>Milk</b>	<b>5</b> Pulled Chicken Baked Beans Pineapple Gardenburger <b>Soy, Wheat, Milk</b> <b>Wheat</b> <b>None</b> <b>None</b>	<b>6</b> Chicken Alfredo** Mixed Vegetables Diced Pears Alfredo Pasta <b>Wheat, Milk, Soy</b> <b>Milk, Wheat</b> <b>None</b> <b>None</b>	<b>7</b> French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage <b>Soy, Wheat, Milk, Egg</b> <b>None</b> <b>None</b> <b>None</b> <b>None</b>	<b>8</b> Chicken Bun Honey Mustard Green Peas Peaches Black Bean Sandwich <b>Soy, Wheat, Milk</b> <b>Soy, Wheat</b> <b>Wheat</b> <b>Wheat</b> <b>Egg</b> <b>None</b> <b>None</b>	
<b>11</b> Pasta** Breadstick Green Peas Oranges <b>Wheat, Milk</b> <b>Wheat</b> <b>None</b> <b>None</b>	<b>12</b> Bowtie Pasta Diced Carrots Peaches Roasted Veggie Sticks <b>Soy, Wheat, Milk, Egg</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b>	<b>13</b> Pizza Garden Salad Italian Dressing Pineapple *Green Beans <b>Soy, Wheat, Milk</b> <b>None</b> <b>None</b> <b>None</b> <b>None</b>	<b>14</b> Soft Taco Cheddar Cheese Corn Apples Bean and Cheese Burrito *Applesauce <b>Wheat</b> <b>Milk</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Soy</b> <b>None</b>	<b>15</b> Turkey Meatballs Bun Cheese Carrots Tropical Fruit Meatless Meatball Sub <b>Soy, Wheat, Milk, Egg</b> <b>Wheat</b> <b>Soy, Milk</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Egg</b>	
<b>18</b> Teriyaki Chicken Green Peas Diced Pears Vegetable Teriyaki Noodles <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>Soy, Wheat</b>	<b>19</b> Hamburger Bun Cheese Mashed Potatoes Yogurt Gardenburger <b>Soy, Wheat, Milk</b> <b>None</b> <b>Wheat</b> <b>Soy, Milk</b> <b>Soy</b> <b>Milk</b>	<b>20</b> Roasted Chicken Breadstick Green Beans Pineapple Eggplant w/ Cheese <b>Soy, Wheat, Milk</b> <b>Soy</b> <b>Wheat</b> <b>None</b> <b>None</b>	<b>21</b> Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla <b>Milk, Wheat</b> <b>None</b> <b>Milk</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Soy</b>	<b>22</b> Spaghetti** Mozzarella Cheese Green Beans Banana Spaghetti w/ Cheese <b>Wheat</b> <b>Milk</b> <b>None</b> <b>None</b> <b>Milk, Wheat</b>	
<b>25</b> Pizza Dippers Mixed Vegetables Diced Pears <b>Soy, Wheat, Milk, Egg</b> <b>None</b> <b>None</b>	<b>26</b> Fish Nuggets Tartar Sauce Green Beans Apples *Applesauce Veggie Sticks <b>Wheat, Milk, Soy, Egg</b> <b>Wheat, Milk, Fish</b> <b>Egg, Fish</b> <b>None</b> <b>None</b> <b>None</b>	<b>27</b> Turkey Meatballs Spaghetti Garden Salad Italian Dressing Pineapple Meatless Meatballs *Green Peas <b>Soy, Wheat, Milk, Egg</b> <b>Soy, Wheat</b> <b>None</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Egg</b> <b>None</b>	<b>28</b> Soft Taco Cheddar Cheese Lettuce Corn Oranges Bean and Cheese Burrito <b>Wheat</b> <b>Milk</b> <b>None</b> <b>None</b> <b>None</b> <b>Wheat, Milk, Soy</b>	<b>29</b> Grilled Chicken Bun Southwest Ranch Garden Salad Italian Dressing Peaches & Pears *Diced Carrots Black Bean Sandwich <b>Soy</b> <b>Wheat</b> <b>Milk, Egg</b> <b>None</b> <b>None</b> <b>None</b> <b>Soy, Wheat, Milk</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.