

Monday Tuesday Wednesday Thursday Friday



1
Creamy Chicken Alfredo Pasta
 featuring Local Springer Mountain All Natural Chicken
OR: Creamy Alfredo Pasta
WITH: Vegetable Medley
 Fresh Orange Wedges

4
Twist & Shout Mac 'n Cheese
WITH: Green Peas
 Mandarin Oranges

5
Whole Grain Chicken Nuggets
OR: Boca Nuggets
WITH: House-Made Barbeque Sauce
 Baked Beans
 Diced Pineapple

6
Spaghetti in a Savory Turkey Meat Sauce
OR: Spaghetti with Garden Vegetables in Herb Sauce
WITH: Mozzarella Cheese Shreds
 Garden Salad with Italian Dressing*
 Diced Pears
***Vegetable Medley**

7
Topsy Turvy Breakfast for Lunch!!
Whole Grain French Toast Sticks
WITH: Turkey Sausage
OR: Vegetarian Sausage
 Waffle Syrup
 Applesauce
 Banana Half

8
Whole Grain Crispy Chicken Sandwich
OR: Black Bean Sandwich
WITH: Soft Bun
 House-Made Honey Mustard
 Green Beans
 Diced Peaches

11
Fiesta Chicken Soft Taco
OR: Bean and Cheese Burrito
WITH: Shredded Cheddar Cheese
 Sweet Yellow Corn
 Tropical Fruit

12
Beefy Macaroni Skillet
OR: American Garden Skillet with Cheese
WITH: Soft Breadstick
 Green Beans
 Strawberry Applesauce

13
Mama Mia Marinara Turkey Meatball Sub
OR: Meatless Meatball Sub
WITH: Sliced Cheese
 Diced Carrots
 Diced Pineapple

14
Chicken and Bowtie Pasta
 featuring Local Springer Mountain All Natural Chicken
OR: Tofu Bowtie Pasta
WITH: Green Peas
 Diced Peaches

15
Pizza Day! Personal Cheese Pizza
WITH: Garden Salad with Italian Dressing*
 Banana Half
***Green Beans**

18
Turkey Cheeseburger Mac
OR: Cheesy Shell Pasta
with: Green Beans
 Diced Peaches and Pears

19
Grilled Chicken Sandwich
OR: Black Bean Sandwich
WITH: House-made Southwest Ranch
 Green Peas
 Fresh Apple Slices*
***Applesauce**

20
Teriyaki Chicken with Asian Style Noodles
OR: Vegetable Teriyaki Noodles
WITH: Vegetable Medley
 Mandarin Oranges

21
All American Hamburger
OR: Gardenburger
WITH: Soft Bun
 Sliced American Cheese
 Mashed Potatoes
 Vanilla Pears

22
It's a Thanksgiving Feast!
Roasted Sliced Turkey Breast with Gravy
OR: Vegetable Patty with Gravy
WITH: Fresh Baked Wheat Rolls
 Green Beans
 Creamy Mashed Potatoes
 Spiced Apples

25
Creamy Chicken Alfredo Pasta
 featuring Local Springer Mountain All Natural Chicken
OR: Creamy Alfredo Pasta
WITH: Vegetable Medley
 Fruit Yogurt Cup

26
Tex Mex Turkey Soft Taco
OR: Bean and Cheese Burrito
WITH: Cheddar Cheese
 Shredded Lettuce
 Steamed Corn
 Diced Pineapple



Happy Thanksgiving!

V = Vegetarian Entrée Options

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

Milk Served with Lunch Daily

www.ChefAdvantage.com

770-421-9550

- No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes
- Locally sourced ingredients included whenever possible

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<p>4 Pasta** Wheat, Milk Garden Salad None Italian Dressing None Oranges None *Mixed Vegetables None</p>	<p>5 Chicken Nuggets Soy, Milk, Wheat Baked Beans None Pineapple None</p> <p>Boca Nuggets Soy, Wheat</p>	<p>6 Spaghetti** Wheat Mozzarella Cheese Milk Green Peas None Diced Pears None</p> <p>Spaghetti w/ Cheese Milk, Wheat</p>	<p>7 French Toast Soy, Wheat Syrup None Turkey Sausage None Applesauce None Banana None</p> <p>Vegetarian Sausage Soy, Wheat, Milk, Egg</p>	<p>1 Chicken Alfredo** Milk, Wheat Mixed Vegetables None Yogurt Milk</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>
<p>11 Soft Taco Wheat Cheddar Cheese Milk Corn None Tropical Fruit None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>12 Beefy Macaroni Skillet** Wheat Breadstick Wheat Mixed Vegetables None Applesauce None</p> <p>Garden Skillet Wheat, Milk</p>	<p>13 Turkey Meatballs Soy, Wheat, Milk, Egg, Sesame Bun Wheat Cheese Soy, Milk Carrots None Pineapple None</p> <p>Meatless Meatball Sub Wheat, Milk, Egg</p>	<p>14 Soft Taco Wheat Cheddar Cheese Milk Corn None Tropical Fruit None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<p>15 Pizza Soy, Wheat, Milk Garden Salad None Italian Dressing None Banana None *Green Beans None</p>
<p>18 Cheeseburger Mac** Wheat, Milk Baby Carrots None Ranch Dressing Milk, Egg Peaches & Pears None</p> <p>Cheesy Shells Wheat, Milk *Diced Carrots None</p>	<p>19 Grilled Chicken None Bun Wheat Southwest Ranch Milk, Egg</p> <p>Green Peas None Apples None</p> <p>Eggplant w/ Cheese Soy, Wheat, Milk *Applesauce None</p>	<p>20 Teriyaki Chicken Soy, Wheat Mixed Vegetables None Oranges None</p> <p>Vegetable Teriyaki Noodles Soy, Wheat</p>	<p>21 Hamburger Soy Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Applesauce None</p> <p>Gardenburger Soy, Wheat, Milk</p>	<p>22 Turkey w/ Gravy Wheat, Soy Roll Wheat Green Beans None Mashed Potatoes Soy, Milk Cinnamon Apples None</p> <p>Vegetarian Patty w/ Gravy Wheat, Milk, Soy, Egg</p>
<p>25 Chicken Alfredo** Milk, Wheat Mixed Vegetables None Yogurt Milk</p> <p>Alfredo Pasta Wheat, Milk, Soy</p>	<p>26 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Pineapple None</p> <p>Bean and Cheese Burrito Wheat, Milk, Soy</p>	<div style="text-align: center;">  <p>Happy Thanksgiving!</p> </div>		

****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.