

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Fruit Yogurt Cup</p>	<p>3 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Diced Pineapple</p>	<p>4 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Mandarin Oranges</p>	<p>5 Under-the-sea Fish Sticks OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Green Beans Vanilla Pears</p>	<p>6 Cheese Pizza Dippers WITH: Marinara Sauce Diced Carrots Applesauce</p>
<p>9 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Green Peas Diced Pears</p>	<p>10 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun House-Made Honey Mustard Green Beans Diced Peaches</p>	<p>11 Twist & Shout Mac 'n Cheese WITH: Garden Salad with Italian Dressing* Mandarin Oranges *Vegetable Medley</p>	<p>12 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Yogurt Cup</p>	<p>13 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-Made Barbeque Sauce Baked Beans Diced Pineapple</p>
<p>16 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Bowtie Pasta with Edamame WITH: Green Peas Diced Peaches</p>	<p>17 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit</p>	<p>18 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Diced Carrots Diced Pineapple</p>	<p>19 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Ranch Dressing* Diced Pears *Vegetable Medley</p>	<p>20 It's a Thanksgiving Feast! Roasted Sliced Turkey Breast with Gravy OR: Vegetable Patty with Gravy WITH: Fresh Baked Rolls Green Beans Creamy Mashed Potatoes Spiced Apples</p>
<p>23 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Green Beans Diced Pineapple</p>	<p>24 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Southwest Ranch Green Peas Fresh Apple Slices* *Applesauce</p>	<p>25 Turkey Mac OR: Cheesy Shell Pasta with: Baby Carrots with Ranch Dressing* Diced Peaches and Pears *Diced Carrots</p>		
<p>30 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Vegetable Medley Mandarin Oranges</p>				

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

November 2020		ChefAdvantage		Allergen List	
Monday		Tuesday		Wednesday	
Monday		Tuesday		Thursday	
Monday		Tuesday		Friday	
2 Chicken Alfredo** Milk, Wheat Vegetable Medley None Yogurt Milk Alfredo Pasta Wheat, Milk, Soy	3 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Pineapple None Bean and Cheese Burrito Wheat, Milk, Soy	4 Teriyaki Chicken Soy, Wheat Green Peas None Oranges None Vegetable Teriyaki Noodles Soy, Wheat	5 Fish Nuggets Wheat, Fish Tartar Sauce Egg, Fish Green Beans None Pears None Veggie Sticks Wheat, Milk, Soy, Egg	6 Pizza Dippers Soy, Wheat, Milk, Egg Carrots None Applesauce None	
9 Spaghetti** Wheat Mozzarella Cheese Milk Green Peas None Pears None Spaghetti w/ Cheese Milk, Wheat	10 Chicken Soy, Wheat Bun Wheat Honey Mustard Egg, Soy Green Beans None Peaches None Black Bean Sandwich Soy, Wheat, Milk	11 Pasta** Wheat, Milk Garden Salad None Italian Dressing None Oranges None *Vegetable Medley None	12 French Toast Soy, Wheat Syrup None Turkey Sausage None Applesauce None Yogurt Milk Vegetarian Sausage Soy, Wheat, Milk, Egg	13 Chicken Nuggets Soy, Milk, Wheat Baked Beans None Pineapple None Boca Nuggets Soy, Wheat	
16 Bowtie Pasta Soy, Wheat Peas None Peaches None Bowtie Pasta Soy, Wheat	17 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Tropical Fruit None Bean and Cheese Burrito Wheat, Milk, Soy	18 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Carrots None Pineapple None Meatless Meatball Sub Wheat, Milk, Egg	19 Pizza Soy, Wheat, Milk Garden Salad None Ranch Dressing Milk, Egg Pears None *Vegetable Medley None	20 Turkey w/ Gravy Wheat, Soy Roll Wheat Green Beans None Mashed Potatoes Soy, Milk Cinnamon Apples None Vegetarian Patty w/ Gravy Wheat, Milk, Soy, Egg	
23 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Green Beans None Pineapple None Meatless Meatballs Wheat, Milk, Egg	24 Grilled Chicken None Bun Wheat Southwest Ranch Milk, Egg Peas None Apples None Black Bean Sandwich Soy, Wheat, Milk *Applesauce None	25 Cheeseburger Mac** Wheat, Milk Baby Carrots None Ranch Dip Milk, Egg Peaches & Pears None Cheesy Shells Wheat, Milk *Diced Carrot None			
30 Teriyaki Chicken Soy, Wheat Vegetable Medley None Oranges None Vegetable Teriyaki Noodles Soy, Wheat					

****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.