

March 2021		ChefAdvantage			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Green Peas Diced Pears	2 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun House-Made Honey Mustard Green Beans Diced Peaches	3 Twist & Shout Mac 'n Cheese WITH: Garden Salad with Italian Dressing* Mandarin Oranges *Vegetable Medley	4 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half	5 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-Made Barbeque Sauce Baked Beans Diced Pineapple	
8 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Bowtie Pasta with Edamame WITH: Green Peas Diced Peaches	9 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	10 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Green Beans Diced Pineapple	11 Pizza Day! Personal Cheese Pizza WITH: Garden Salad with Ranch Dressing* Fruit Yogurt Cup *Vegetable Medley	12 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Diced Carrots Strawberry Applesauce	
15 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Green Beans Mandarin Oranges	16 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Southwest Ranch Green Peas Fresh Apple Slices* *Applesauce	17 Turkey Mac OR: Cheesy Shell Pasta with: Baby Carrots with Ranch Dressing* Diced Peaches and Pears *Diced Carrots	18 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit	19 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Vanilla Pears	
22 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Vegetable Medley Diced Pineapple	23 Cheese Pizza Dippers WITH: Marinara Sauce Diced Carrots Fruit Yogurt Cup	24 Creamy Parmesan Chicken and Rice OR: Creamy Parmesan Rice WITH: Green Peas Diced Pears	25 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Mandarin Oranges	26 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Green Beans Diced Peaches	
29 Twist & Shout Mac 'n Cheese WITH: Green Peas Diced Peaches	30 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-Made Barbeque Sauce Baked Beans Diced Pineapple	31 Creamy Chicken Pesto Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Pesto Pasta WITH: Vegetable Medley Fruit Yogurt Cup			

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

*Steamed Vegetable Substitute for Toddler

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

www.ChefAdvantage.com

March 2021	ChefAdvantage			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti** Mozzarella Cheese Green Peas Pears Spaghetti w/ Cheese Wheat Milk None None None Milk, Wheat	2 Chicken Bun Honey Mustard Green Beans Peaches Black Bean Sandwich Soy, Wheat Wheat Egg, Soy None None Soy, Wheat, Milk	3 Pasta** Garden Salad Italian Dressing Oranges *Vegetable Medley Wheat, Milk None None None None	4 French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage Soy, Wheat, Egg, Milk None None None None Soy, Wheat, Milk, Egg	5 Chicken Nuggets Baked Beans Pineapple Boca Nuggets Soy, Milk, Wheat None None Soy, Wheat
8 Bowtie Pasta Peas Peaches Bowtie Pasta Soy, Wheat None None Soy, Wheat	9 Soft Taco Cheddar Cheese Lettuce Corn Tropical Fruit Bean and Cheese Burrito Wheat Milk None None None Wheat, Milk, Soy	10 Turkey Meatballs Bun Cheese Green Beans Pineapple Meatless Meatball Sub Soy, Wheat, Milk, Egg Wheat Soy, Milk None None None Wheat, Milk, Egg	11 Pizza Garden Salad Ranch Dressing Yogurt *Vegetable Medley Soy, Wheat, Milk None Milk, Egg Milk None None	12 Beefy Macaroni Skillet** Breadstick Diced Carrots Applesauce Garden Skillet Wheat None None None Wheat, Milk
15 Turkey Meatballs Spaghetti Green Beans Peaches Meatless Meatballs Soy, Wheat, Milk, Egg Soy, Wheat None None None Wheat, Milk, Egg	16 Grilled Chicken Bun Southwest Ranch Peas Apples Black Bean Sandwich None Wheat Milk, Egg None None Soy, Wheat, Milk *Applesauce None	17 Cheeseburger Mac** Baby Carrots Ranch Dressing Peaches & Pears Cheesy Shells *Diced Carrot Wheat, Milk None Milk, Egg None None	18 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Bean & Cheese Quesadilla Milk, Wheat None Milk None None Wheat, Milk, Soy	19 Hamburger Bun Cheese Mashed Potatoes Peas Gardenburger Soy Wheat Soy, Milk Soy None Soy, Wheat, Milk
22 Teriyaki Chicken Vegetable Medley Pineapple Vegetable Teriyaki Noodles Soy, Wheat None None Soy, Wheat	23 Pizza Dippers Carrots Yogurt Pizza Dippers Soy, Wheat, Milk, Egg None Milk None Milk	24 Parmesan Rice Green Peas Pears Parmesan Rice Milk, Soy None None Milk, Soy	25 Soft Taco Cheddar Cheese Lettuce Corn Oranges Bean and Cheese Burrito Wheat Milk None None None Wheat, Milk, Soy	26 Chicken Alfredo** Green Beans Peaches Alfredo Pasta Milk, Wheat None None Wheat, Milk, Soy
29 Pasta** Peas Peaches Wheat, Milk None None	30 Chicken Nuggets Baked Beans Pineapple Boca Nuggets Soy, Milk, Wheat None None Soy, Wheat	31 Chicken Pesto Pasta** Vegetable Medley Yogurt Pesto Pasta Milk, Wheat None Milk Wheat, Milk, Soy		

****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.