

April 2018		Childcare			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Green Beans Diced Pears	3 All American Hamburger OR: Gardenburger WITH: Wheat Bun Ketchup Sliced American Cheese Mashed Potatoes Fresh Sliced Apples* *Applesauce	4 It's Back! Picnic Style Chicken Salad Sandwich OR: Soybutter and Jelly EZ Jammers WITH: Baby Carrots with Ranch Dip Strawberry Applesauce *Green Peas	5 BBQ Pulled Chicken Sandwich OR: Black Bean Bites WITH: Wheat Bun Slow Cooked Baked Beans Fruit Yogurt Cup	6 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Garden Salad with Italian Dressing* Diced Peaches *Diced Carrots	
9 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Diced Pears	10 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Beans Citrus Smiles	11 Whole Grain Chicken Strips OR: Boca Nuggets WITH: House-made Honey Mustard Sauce Baby Carrots with Ranch Dip* Applesauce *Diced Carrots	12 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Lemon Herb Brown Rice Green Lima Beans Mandarin Oranges	13 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Roasted Veggie Sticks WITH: Mixed Vegetables Diced Peaches	
16 Twist & Shout Mac 'n Cheese WITH: Soft Breadstick Vegetable Medley Diced Peaches and Pears	17 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Barbeque Sauce Slow Cooked Baked Beans Tropical Fruit	18 Turkey Cheeseburger Mac OR: Cheesy Shell Pasta WITH: Whole Wheat Roll Green Peas Banana Half	19 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken OR: Bean and Cheese Quesadilla WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Diced Pears	20 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Strawberries	
23 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Steamed Green Beans Vanilla Diced Pears	24 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Vegetable Medley Golden Applesauce	25 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: House-made Honey Mustard Garden Salad with Italian Dressing* Diced Pineapple *Diced Carrots	26 NEW! Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: Southwest Ranch Green Peas Banana Half	27 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Mandarin Oranges	
30 Under-the-sea Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce Vegetable Medley Diced Peaches					

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

*Steamed Vegetable Substitute for Toddler

ChefAdvantage is committed to Healthy, Nutritious and Delicious Meals.
 Locally sourced ingredients included whenever possible.

No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.

www.ChefAdvantage.com

770-421-9550

April 2018		Childcare			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Alfredo** Milk, Wheat Green Beans None Diced Pears None Alfredo Pasta Wheat, Milk, Soy	3 Hamburger Bun None Wheat Cheese Soy, Milk Mashed Potatoes Soy Apples None Gardenburger Soy, Wheat, Milk *Applesauce None	4 Chicken Sandwich Wheat, Egg, Milk Baby Carrots None Ranch Dip Milk, Egg Applesauce None EZ Jammers Soy, Wheat, Milk *Peas None	5 Pulled Chicken Wheat Baked Beans None Yogurt Milk Black Bean Bites Soy, Wheat, Milk	6 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Garden Salad None Italian Dressing None Diced Peaches None Meatless Meatballs Wheat, Milk, Egg *Diced Carrots None	
9 Soft Taco Wheat Cheddar Cheese Milk Corn None Diced Pears None Bean and Cheese Burrito Wheat, Milk, Soy	10 Spaghetti** Wheat Mozzarella Cheese Milk Breadstick Wheat Green Beans None Oranges None Spaghetti w/ Cheese Milk, Wheat	11 Chicken Strips Soy, Wheat, Egg, Milk Honey Mustard Egg Carrots None Ranch Dip Milk, Egg Applesauce None Boca Nuggets Soy, Wheat *Diced Carrots None	12 Roasted Chicken Soy Lemon Rice Soy Lima Beans None Oranges None Eggplant w/ Cheese Soy, Wheat, Milk	13 Bowtie Pasta Soy, Wheat Mixed Vegetables None Peaches None Roasted Veggie Sticks Soy, Wheat, Milk, Egg	
16 Pasta** Wheat, Milk Breadstick Wheat Mixed Vegetables None Peaches & Pears None	17 Chicken Soy, Wheat, Egg Bun Wheat BBQ Sauce None Baked Beans None Tropical Fruit None Black Bean Sandwich Soy, Wheat, Milk	18 Cheeseburger Mac** Wheat, Milk Roll Wheat Green Peas None Banana None Cheesy Shells Wheat, Milk	19 Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Corn None Diced Pears None Bean & Cheese Quesadilla Wheat, Milk, Soy	20 Teriyaki Chicken Soy, Wheat Green Peas None Strawberries None Vegetable Teriyaki Noodles Soy, Wheat	
23 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Green Beans None Diced Pears None Meatless Meatball Sub Wheat, Milk, Egg	24 Beefy Macaroni Skillet** Wheat Mixed Vegetables None Applesauce None Garden Skillet Wheat, Milk	25 Chicken Nuggets Soy, Milk, Egg, Wheat Honey Mustard Egg Garden Salad None Italian Dressing None Pineapple None Boca Nuggets Soy, Wheat *Diced Carrots None	26 Grilled Chicken Soy Bun Wheat Southwest Ranch Milk, Egg Green Peas None Banana None Black Bean Sandwich Soy, Wheat, Milk	27 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Oranges None Bean and Cheese Burrito Wheat, Milk, Soy	
30 Fish Nuggets Wheat, Fish, Milk Tartar Sauce Egg, Fish Mixed Vegetables None Peaches None Veggie Sticks Soy, Wheat, Milk, Egg					

****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.