

February 2019		Childcare			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>V = Vegetarian Entrée Options *Steamed Vegetable Substitute for Toddler Milk Served with Lunch Daily</p>				<p>1 Whole Grain Chicken Nuggets OR: Boca Nuggets WITH: Honey Mustard Diced Carrots Mandarin Oranges</p>	
<p>4 Beefy Macaroni Skillet OR: American Garden Skillet with Cheese WITH: Soft Breadstick Green Beans Fruit Yogurt Cup</p>	<p>5 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage OR: Vegetarian Sausage Waffle Syrup Applesauce Banana Half</p>	<p>6 BBQ Pulled Chicken Sandwich OR: Gardenburger WITH: Wheat Bun Slow Cooked Baked Beans Diced Pineapple</p>	<p>7 NATIONAL ALFREDO DAY! Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken OR: Creamy Alfredo Pasta WITH: Vegetable Medley Diced Pears</p>	<p>8 Whole Grain Crispy Chicken Sandwich OR: Black Bean Sandwich WITH: Soft Bun BBQ Sauce Green Peas Diced Peaches</p>	
<p>11 Mama Mia Marinara Turkey Meatball Sub OR: Meatless Meatball Sub WITH: Sliced Cheese Diced Carrots Tropical Fruit</p>	<p>12 Twist & Shout Mac 'n Cheese WITH: Soft Breadstick Garden Salad with Italian Dressing* Mandarin Oranges *Green Beans</p>	<p>13 Pizza Day! Personal Cheese Pizza WITH: Green Peas Fresh Sliced Apples* *Applesauce</p>	<p>14 Fiesta Chicken Soft Taco OR: Bean and Cheese Burrito WITH: Shredded Cheddar Cheese Sweet Yellow Corn Diced Pineapple</p>	<p>15 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken OR: Roasted Veggie Sticks WITH: Diced Carrots Diced Peaches</p>	
<p>18 Teriyaki Chicken with Asian Style Noodles OR: Vegetable Teriyaki Noodles WITH: Green Peas Diced Pears</p>	<p>19 Oven Roasted Chicken OR: Eggplant with Cheese WITH: Soft Breadstick Green Beans Banana Half</p>	<p>20 All American Hamburger OR: Gardenburger WITH: Soft Bun Sliced American Cheese Mashed Potatoes Fruit Yogurt Cup</p>	<p>21 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</p>	<p>22 Spaghetti in a Savory Turkey Meat Sauce OR: Spaghetti with Garden Vegetables in Herb Sauce WITH: Mozzarella Cheese Shreds Whole Wheat Roll Green Beans Diced Pineapple</p>	
<p>25 Savory Turkey Meatballs OR: Meatless Meatballs IN: Marinara Sauce WITH: Spaghetti Mixed Vegetables Diced Pineapple</p>	<p>26 Grilled Chicken Sandwich OR: Black Bean Sandwich WITH: House-made Southwest Ranch Garden Salad with Italian Dressing* Vanilla Pears *Green Peas</p>	<p>27 Under-the-sea-Whole Wheat Fish Nuggets OR: Roasted Veggie Sticks WITH: Homemade Tartar Sauce WITH: Soft Breadstick Steamed Green Beans Fresh Sliced Apples* *Applesauce</p>	<p>28 Tex Mex Turkey Soft Taco OR: Bean and Cheese Burrito WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Mandarin Oranges</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

www.ChefAdvantage.com

February 2019	Childcare			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Nuggets Soy, Milk, Wheat Honey Mustard Egg Diced Carrots None Oranges None Boca Nuggets Soy, Wheat
4 Beefy Macaroni Skillet** Breadstick Green Beans Yogurt Garden Skillet Wheat Wheat None Milk Wheat, Milk	5 French Toast Soy, Wheat, Milk, Egg Syrup None Turkey Sausage None Applesauce None Banana None Vegetarian Sausage Soy, Wheat, Milk, Egg	6 Pulled Chicken Wheat Baked Beans None Pineapple None Gardenburger Soy, Wheat, Milk	7 Chicken Alfredo** Milk, Wheat Mixed Vegetables None Diced Pears None Alfredo Pasta Wheat, Milk, Soy	8 Chicken Soy, Wheat Bun Wheat BBQ Sauce None Green Peas None Peaches None Black Bean Sandwich Soy, Wheat, Milk
11 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Carrots None Tropical Fruit None Meatless Meatball Sub Wheat, Milk, Egg	12 Pasta** Wheat, Milk Breadstick Wheat Garden Salad None Italian Dressing None Oranges None *Green Beans None	13 Pizza Soy, Wheat, Milk Green Peas None Apples None *Applesauce None	14 Soft Taco Wheat Cheddar Cheese Milk Corn None Pineapple None Bean and Cheese Burrito Wheat, Milk, Soy	15 Bowtie Pasta Soy, Wheat Diced Carrots None Peaches None Roasted Veggie Sticks Soy, Wheat, Milk, Egg
18 Teriyaki Chicken Soy, Wheat Green Peas None Diced Pears None Vegetable Teriyaki Noodles Soy, Wheat	19 Roasted Chicken Soy Breadstick Wheat Green Beans None Banana None Eggplant w/ Cheese Soy, Wheat, Milk	20 Hamburger None Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Yogurt Milk Gardenburger Soy, Wheat, Milk	21 Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Corn None Tropical Fruit None Bean & Cheese Quesadilla Wheat, Milk, Soy	22 Spaghetti** Wheat Mozzarella Cheese Milk Roll Wheat Green Beans None Pineapple None Spaghetti w/ Cheese Milk, Wheat
25 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Mixed Vegetables None Pineapple None Meatless Meatballs Wheat, Milk, Egg	26 Grilled Chicken Soy Bun Wheat Southwest Ranch Milk, Egg Garden Salad None Italian Dressing None Diced Pears None *Green Peas None Black Bean Sandwich Soy, Wheat, Milk	27 Fish Nuggets Wheat, Milk, Fish Tartar Sauce Egg, Fish Breadstick Wheat Green Beans None Apples None *Applesauce None Veggie Sticks Wheat, Milk, Soy, Egg	28 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Oranges None Bean and Cheese Burrito 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 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.