


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Beef Nachos OR: Cheese Nachos WITH: Refried Beans Buttered Corn</p>	<p>2 Crispy Chicken Sandwich OR: Vegetarian Burger WITH: Honey Mustard Roasted Broccoli Steamed Rice</p>	<p>3 Brunch for Lunch Turkey Sausage AND: Pancakes and Syrup and OR: Vegetarian Sausage WITH: Oven Roasted Potatoes Applesauce</p>	<p>4 Sloppy Joes on a bun OR: Veggie Nugget Assorted Chips Baked Beans</p>	<p>5 Meatless Friday! Cheese Pizza WITH: Baby Carrots and Ranch Cookies</p>
<p>8 Spaghetti and Meatballs OR: Spaghetti Marinara Garlic Bread Caesar Salad</p>	<p>9 Chicken Tenders OR: Breaded Eggplant Tenders WITH: Tater Tots Baby Carrots and Ranch</p>	<p>10 All American Cheeseburger OR: Vegetarian Burger WITH: Assorted Chips Green Beans</p>	<p>11 Hawaiian Chicken OR: Veggie Nuggets Summer Squash Sautee Steamed Rice</p>	<p>12 Meatless Friday! Cheese Quesadillas Sour Cream and Salsa Nacho Chips Mexican Corn</p>
<p>15 Ravioli with Meat Sauce OR: Vegetarian Nuggets Peas and Carrots Breadsticks</p>	<p>16 Chicken and Waffles with Syrup OR: Vegetarian Nuggets and Waffles WITH: Potato Wedges Applesauce</p>	<p>17 Homemade Chili OR: Vegetarian Dog WITH: Cornbread Buttered Pasta Caesar Salad</p>	<p>18 Thanksgiving Meal Roasted Turkey and Gravy Corn Bread Dressing Candied Sweet Potatoes Mini Pumpkin Pies</p>	<p>19 Meatless Friday! Macaroni and Cheese WITH: Roasted Cauliflower Fruit Salad Chocolate Chip Cookie</p>
				
<p>29 <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">Professional Development Day</div></p>	<p>30 Sweet and Sour Chicken OR: Veggie Nuggets WITH: Steamed White Rice Mandarin Oranges Fortune Cookie</p>	<p>1 Homemade Meatloaf OR: Veggie Nugget WITH: Mashed Potatoes Sweet Corn</p>	<p>2 Corn Dogs OR: Vegetarian Dog WITH: French Fries Steamed Green Beans</p>	<p>3 Meatless Friday Cheese Lasagna Roasted Broccoli Buttered Breadsticks</p>

Turkey Sandwiches, PBJ Sandwiches and Salads
Panini Specials, Grilled Cheese Sandwiches
Butter Pasta with or without Marinara
Soup
Fruit Choices

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Nachos or Tacos SW OR: Cheese Nachos MS Salsa, Sour Cream M Refried Beans S Corn S	2 Chicken Sandwich SW OR: Veggie Burger SWM Honey Mustard SE Broccoli S Steamed Rice S	3 Sausage Pancakes Sticks and Syrup S OR: Vegetarian Sausage SWE SW Potatoes S Applesauce NONE	4 Sloppy Joe on Bun SW OR: Veggie Nuggets WSM Assorted Chips CHECK-BAG Steamed Green Beans S	5 Cheese Pizza WSM WITH: Baby Carrots and Ranch SM Cookies WEMS
8 Spaghetti and Meatball WMES OR: Spaghetti Marinara SW Bread Sticks WSM Caesar Salad SEM	9 Chicken Tenders WS OR: Breaded Eggplant Tenders S WSE Tater Tots S Carrots & Ranch EMS	10 Cheeseburger MSW OR: Veggie Burger SWM Chips CHECK BAG Green Beans S	11 Hawaiian Chicken S OR: Veggie Nuggets WSM Summer Squash S Diced Pineapple NONE	12 Cheese Quesadilla WSM Sour Cream Salsa SM Nacho Chips S Mexican Corn s
15 Ravioli with Meat Sauce EWMS OR: Vegetarian Nuggets WSM Peas and Carrots S Breadsticks WS	16 Chicken and Waffles WSM OR: Veggie Nuggets WS Potato Wedges WS Syrup NONE Applesauce NONE	17 Homemade Chili S OR: Veggie Chili S WITH: Cornbread WME Buttered Pasta WS Caesar Salad SEW	18 Roasted Turkey and Gravy WS Corn Bread Dressing EWMS Candied Sweet Potatoes S Mini Pumpkin Pies SWEM	19 Macaroni and Cheese MWSE Cauliflower S Fruit Salad NONE Cookie EMSW
				
29 <div style="border: 2px solid black; padding: 10px; text-align: center; width: 100px; margin: 0 auto;"> Professional Development Day </div>	30 Sweet and Sour Chicken WS OR: Veggie Nuggets WSM White Rice S Mandarin Oranges NONE Fortune Cookie WS	1 Homemade Meatloaf WSE OR: Veggie Nugget WSM WITH: Mashed Potatoes SM Sweet Corn S	2 Corn Dogs WS OR: Veggie Dog SWM French Fries S Green Beans S	3 Cheese Lasagna MWSE Roasted Broccoli S Bread Sticks WSM

**** 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. ChefAdvantage does not include the Soy allergen when Soybean Oil is present. 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.