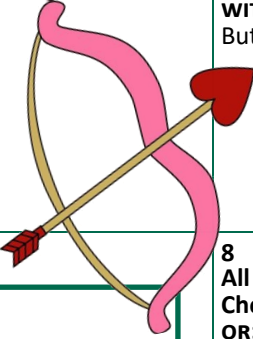


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Baked Beef Ziti OR: Veggie Ziti WITH: Garlic Green Beans Buttered Bread Sticks</p>	<p>2 Turkey Pot Pie OR: Baked Eggplant Parmesan WITH: Hot Spiced Apples Roasted Broccoli</p>	<p>3 Pepperoni Pizza OR: Cheese Pizza WITH: Tossed Garden Salad Assorted Chips</p>	<p>4 Meatless Friday Cheese Ravioli WITH: Roasted Squash Buttered Breadsticks</p>
	<p>7 Professional Development Day</p>	<p>8 All American Cheeseburger OR: Vegetarian Burger WITH: Assorted Chips Green Beans</p>	<p>9 Brunch for Lunch Turkey Sausage AND: French Toast Sticks and Syrup OR: Vegetarian Sausage WITH: Tater Tot Casserole Applesauce</p>	<p>10 Buffalo Chicken Mac and Cheese OR: Mac and Cheese WITH: Buttered Corn Diced Pineapple</p>
<p>14 Chicken Tenders OR: Veggie Nuggets WITH: Tater Tots Baby Carrots and Ranch Sugar Cookie</p>	<p>15 Beef Nachos OR: Cheese Nachos WITH: Salsa, Sour Cream Refried Beans Buttered Corn</p>	<p>16 Chicken Lo Mein OR: Stir Fry Asian Vegetables WITH: Vegetable Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>17 Italian Sausage or Meatball Sub with Peppers and Onions OR: Black Bean Burger WITH: Mashed Potatoes Summer Squash Sautee</p>	<p>18 Meatless Friday! Cheese Pizza WITH: Celery Sticks and Ranch Assorted Chips</p>
<p>21 NO SCHOOL PRESIDENTS' DAY NO STUDENTS</p>	<p>22 Corn Dogs/Hot Dogs OR: Vegetarian Dog WITH: French Fries Mixed Veg</p>	<p>23 Chicken and Waffles with Syrup OR: Vegetarian Nuggets and Waffles WITH: Potato Wedges Applesauce</p>	<p>24 Chicken Spaghetti OR: Veggie Mac WITH: Caesar Salad Green Peas</p>	<p>25 Meatless Friday Cheese Ravioli Roasted Squash Buttered Breadsticks</p>
<p>28 Crispy Chicken Sandwich OR: Vegetarian Burger WITH: Honey Mustard</p>	<p>1 Homemade Meatloaf OR: Veggie Loaf WITH: Summer Squash Mashed Potatoes Peas and Carrots</p>	<p>2 ASH WEDNESDAY Crispy Fish Sandwich WITH: French Fries Broccoli</p>	<p>3 Spaghetti and Meatballs OR: Spaghetti WITH: Caesar Salad Garlic Bread</p>	<p>4 Meatless Friday! Cheese Pizza WITH: Celery Sticks and Ranch Assorted Chips</p>

Daily Cold Menu Options Available:
 Variety of Salads, Sandwiches and Wraps made Fresh Each Day
 Caesar, Garden and Greek Salads will be available
 Every Day – Salad Special Daily
 Turkey and Cheese Sandwiches and Make
 Your Own PB&J will be available Every Day



Vegetarian Entrée Options

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Zit WMS OR: Veggie Ziti WMS Green Beans S Breads Stick WS	2 Turkey Pot Pie WEMS OR: Baked Eggplant WEMS Parmesan WEMS Hot Spiced Apples NONE Roasted Broccoli S	3 Pepperoni Pizza WEMS Cheese Pizza WSM Tossed Green Salad SW Chips CHECK BAG	4 Cheese Ravioli EWSM WITH: Roasted Squash S Bread Sticks WS
7 <div style="border: 1px solid black; padding: 10px; text-align: center;"> Professional Development Day NO STUDENTS </div>	8 Cheeseburger MSW OR: Veggie Burger SWM Chips CHECK BAG Green Beans S	9 Sausage S French Toast Sticks SWE OR: Veg Sausage SW WITH: Tater Tot Casserole WSME Syrup NONE Applesauce NONE	10 Buffalo Chicken Mac and Cheese EMSW OR: Mac and Cheese MSWE Corn S Pineapple NONE	11 Cheese Lasagna MWSE WITH: Broccoli S Bread Sticks WSM
14 Chicken Tenders WS OR: Veggie Nuggets WSE WITH: Tater Tots S Carrots & Ranch EMS Sugar Cookie EMS	15 Beef Nachos S OR: Cheese Nachos MS Salsa, Sour Cream M Refried Beans S Corn S	16 Chicken Lo Mein WS OR: Stir Fry Veg S Vegetable Eggroll SWE Mandarin Oranges NONE Fortune Cookie WS	17 Italian Sausage/Meatball Sub with Peppers/Onions MWS OR: Black Bean Burger SWM Mashed Potatoes SM Squash S	18 Cheese Pizza WSM WITH: Celery Sticks and Ranch SME Chips CHECK BAG
21 <div style="border: 1px solid black; padding: 10px; text-align: center;"> NO SCHOOL PRESIDENTS' DAY NO STUDENTS </div>	22 Corn Dogs/ Hot Dogs WS OR: Veggie Dog SWM French Fries S Mixed Veg S	23 Chicken and Waffles WSM OR: Veggie Nuggets WS Syrup NONE Applesauce NONE	24 Chicken Spaghetti SWM OR: Veggie Mac SWM Caesar Salad FEWS Green Peas S	25 Cheese Ravioli EWSM Roasted Squash S Bread Sticks WS
28 Chicken Sandwich SW OR: Veggie Burger SWM Honey Mustard SE Peas and Carrots S French Fries S	1 Meatloaf ES OR: Veggie Loaf ES Summer Squash S Mashed Potatoes MS	2 ASH WEDNESDAY Fish Sandwich FWS French Fries WS Broccoli S	3 Spaghetti Meatballs WS Caesar Salad WMSE Garlic Bread FESW SW	4 Cheese Pizza WSM WITH: Celery Sticks and Ranch SME Chips CHECK BAG

****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.