

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <p><b>31</b><br/>Baked Beef Ziti<br/>OR: Veggie Ziti<br/>WITH: Garlicky Green Beans<br/>Buttered Bread Sticks</p>  | <p><b>1</b><br/>Chicken Tenders<br/>OR: Veggie Nuggets<br/>WITH: Tater Tots<br/>Baby Carrots and Ranch</p>                        | <p><b>2</b><br/>Slow Roasted Pot Roast<br/>OR: Breaded Eggplant Tenders<br/>WITH: Mashed Potatoes<br/>Baby Green Peas</p>  | <p><b>3</b><br/>Creamy Chicken Alfredo<br/>OR: Alfredo Pasta<br/>WITH: Summer Squash Sautee<br/>Diced Pineapple</p>                        | <p><b>4</b><br/>Meatless Friday<br/>Fish Nuggets<br/>WITH: Tartar Sauce<br/>Caesar Salad<br/>French Fries<br/>Cookie</p>                     |
| <p><b>7</b><br/>Professional Development Day<br/>NO STUDENTS</p>  | <p><b>8</b><br/>Corn Dogs/Hot Dogs<br/>OR: Vegetarian Dog<br/>WITH: Baked Beans<br/>Peas and Carrots</p>                          | <p><b>9</b><br/>Brunch for Lunch<br/>Turkey Sausage<br/>AND: French Toast Sticks<br/>and Syrup and<br/>OR: Vegetarian Sausage<br/>WITH: Oven Roasted<br/>Potatoes<br/>Applesauce</p> | <p><b>10</b><br/>All American Cheeseburger<br/>OR: Vegetarian Burger<br/>WITH: Assorted Chips<br/>Green Beans</p>                          | <p><b>11</b><br/>Meatless Friday!<br/>Macaroni and Cheese<br/>WITH: Roasted Cauliflower<br/>Fresh Garden Salad<br/>Chocolate Chip Cookie</p> |
| <p><b>14</b><br/>Beef Nachos<br/>OR: Cheese Nachos<br/>WITH: Refried Beans<br/>Buttered Corn</p>  | <p><b>15</b><br/>Chicken and Waffles with Syrup<br/>OR: Vegetarian Nuggets and Waffles<br/>WITH: Potato Wedges<br/>Applesauce</p> | <p><b>16</b><br/>Home Made Meatloaf<br/>OR: Vegetarian Nuggets<br/>WITH: Creamy Mashed Potatoes<br/>Mixed Veggies</p>  | <p><b>17</b><br/>Spaghetti and Meatballs<br/>OR: Spaghetti Marinara<br/>WITH: Buttered Bread Sticks<br/>Caesar Salad</p>                   | <p><b>18</b><br/>Meatless Friday!<br/>Cheese Pizza<br/>WITH: Celery Sticks and Ranch<br/>Assorted Chips<br/>Cookie</p>                       |
| <p><b>21</b><br/>NO SCHOOL PRESIDENTS' DAY<br/>NO STUDENTS</p>  | <p><b>22</b><br/>All American Cheeseburger<br/>OR: Vegetarian Burger<br/>WITH: Assorted Chips<br/>Buttered Corn</p>               | <p><b>23</b><br/>Baked Beef Ziti<br/>OR: Veggie Ziti<br/>WITH: Garlic Green Beans<br/>Buttered Bread Sticks</p>  | <p><b>24</b><br/>Crispy Chicken Sandwich<br/>OR: Vegetarian Burger<br/>WITH: Honey Mustard<br/>Roasted Broccoli<br/>Steamed White Rice</p> | <p><b>25</b><br/>Meatless Friday!<br/>Cheese Ravioli<br/>WITH: Carrots and Ranch<br/>Caesar Salad<br/>Cookie</p>                             |
| <p><b>28</b><br/>Meatball Sub with Peppers and Onions<br/>OR: Black Bean Burger<br/>WITH: Mashed Potatoes<br/>Summer Squash Sautee</p>  | <p><b>1</b><br/>Chicken Tenders<br/>OR: Veggie Nuggets<br/>WITH: Tater Tots<br/>Mixed Vegetable Medley</p>                        | <p><b>2</b><br/>ASH WEDNESDAY<br/>Crispy Fish Sandwich<br/>WITH: French Fries<br/>Roasted Broccoli</p>   | <p><b>3</b><br/>Oven Roasted Chicken Breast and Gravy<br/>WITH: Sautéed Cabbage<br/>Steamed White Rice</p>                                 | <p><b>4</b><br/>Meatless Friday!<br/>Cheese Pizza<br/>WITH: Celery Sticks and Ranch<br/>Assorted Chips<br/>Cookie</p>                        |



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

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p><b>31</b><br/>Baked Beef Ziti <b>WMS</b><br/>OR: Veggie Ziti <b>MS</b><br/>WITH: Bread Sticks <b>SW</b><br/>Green Beans <b>S</b></p>                                      | <p><b>1</b><br/>Chicken Tenders <b>WS</b><br/>OR: Veggie Nuggets <b>WSE</b><br/>WITH: Tater Tots <b>S</b><br/>Carrots &amp; Ranch <b>EMS</b></p>                             | <p><b>2</b><br/>Slow Roasted Pot Roast <b>S</b><br/><br/>OR: Breaded Eggplant Tenders <b>WES</b><br/><br/>WITH: Mashed Potatoes <b>MS</b><br/>Baby Green Peas <b>S</b></p>          | <p><b>3</b><br/>Creamy Chicken Alfredo <b>WSM</b><br/>OR: Creamy Alfredo Pasta <b>WSM</b><br/><br/>WITH: Summer Squash <b>S</b><br/>Pineapple <b>NONE</b></p>        | <p><b>4</b><br/>Fish Nuggets <b>WS</b><br/>WITH: Tartar Sauce <b>EMS</b><br/>Caesar Salad <b>FWSE</b><br/>French Fries <b>SW</b><br/>Cookie <b>EMSW</b></p> |
| <p><b>7</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Professional Development Day</p> <p>NO STUDENTS</p> </div>                      | <p><b>8</b><br/>Corn Dogs/Hot Dog <b>S</b><br/>OR: Veggie Dog <b>SWM</b><br/>WITH: Baked Beans <b>NONE</b><br/>Peas and Carrots <b>S</b></p>                                 | <p><b>9</b><br/>Sausage <b>S</b><br/>French Toast Sticks and Syrup <b>SWE</b><br/>OR: Vegetarian Sausage <b>SW</b><br/><br/>WITH: Potatoes <b>SW</b><br/>Applesauce <b>NONE</b></p> | <p><b>10</b><br/>Cheeseburger <b>MSW</b><br/>OR: Veggie Burger <b>SWM</b><br/>WITH: Chips <b>CHECK BAG</b><br/>Green Beans <b>S</b></p>                              | <p><b>11</b><br/>Macaroni &amp; Cheese <b>MWSE</b><br/><br/>WITH: Cauliflower <b>S</b><br/>Garden Salad <b>SMW</b><br/>Cookie <b>EMSW</b></p>               |
| <p><b>14</b><br/>Beef Nachos <b>S</b><br/>OR: Cheese Nachos <b>MS</b><br/>Salsa, Sour Cream <b>M</b><br/>Refried Beans <b>S</b><br/>Corn <b>S</b><br/>Churro <b>EWMS</b></p> | <p><b>15</b><br/>Chicken and Waffles <b>WSM</b><br/><br/>OR: Veggie Nuggets <b>WS</b><br/>WITH: Potato Wedges <b>WS</b><br/>Syrup <b>NONE</b><br/>Applesauce <b>NONE</b></p> | <p><b>16</b><br/>Meatloaf <b>EWS</b><br/>OR: Veggie Burger <b>SWM</b><br/>WITH: Mashed Potatoes <b>MS</b><br/>Mixed Veggies <b>S</b></p>  | <p><b>17</b><br/>Spaghetti and Meatball <b>WMES</b><br/><br/>OR: Spaghetti Marinara <b>SW</b><br/><br/>WITH: Bread Sticks <b>WSM</b><br/>Caesar Salad <b>SEM</b></p> | <p><b>18</b><br/>Cheese Pizza <b>WSM</b><br/>WITH: Celery Sticks and Ranch <b>ESM</b><br/>Assorted Chips <b>CHECK BAG</b><br/>Cookie <b>EMSW</b></p>        |
| <p><b>21</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NO SCHOOL PRESIDENTS' DAY</p> <p>NO STUDENTS</p> </div>                        | <p><b>22</b><br/>Cheeseburger <b>MSW</b><br/>OR: Veggie Burger <b>SWM</b><br/>WITH: Chips <b>CHECK BAG</b><br/>Buttered Corn <b>S</b></p>                                    | <p><b>23</b><br/>Baked Beef Zit <b>WMS</b><br/>OR: Veggie Ziti <b>WMS</b><br/>WITH: Bread Sticks <b>SW</b><br/>Green Beans <b>S</b></p>   | <p><b>24</b><br/>Chicken Sandwich <b>SW</b><br/>OR: Veggie Burger <b>SWM</b><br/>Honey Mustard <b>SE</b><br/>Broccoli <b>S</b><br/>Rice <b>S</b></p>                 | <p><b>25</b><br/>Cheese Ravioli <b>WSME</b><br/>WITH: Carrots and Ranch <b>SME</b><br/>Caesar Salad <b>SEM</b><br/>Cookie <b>EMSW</b></p>                   |
| <p><b>28</b><br/>Meatball Sub <b>WMES</b><br/>Peppers and Onions <b>S</b><br/>OR: Black Bean Burger <b>SWM</b><br/><br/>WITH: Potatoes <b>SM</b><br/>Squash <b>S</b></p>     | <p><b>1</b><br/>Chicken Tenders <b>WS</b><br/>OR: Veggie Nuggets <b>WSE</b><br/>WITH: Tater Tots <b>S</b><br/>Mixed Veg <b>S</b></p>   | <p><b>2</b><br/>Fish Sandwich <b>WS</b><br/>WITH: Tartar Sauce <b>EMS</b><br/>French Fries <b>SW</b><br/>Broccoli <b>S</b></p>  | <p><b>3</b><br/>Chicken Breast &amp; Gravy <b>WS</b><br/><br/>OR: Veggie Burger <b>SWM</b><br/>Sautéed Cabbage <b>S</b><br/>Rice <b>S</b></p>                        | <p><b>4</b><br/>Cheese Pizza <b>WSM</b><br/>WITH: Celery Sticks and Ranch <b>SME</b><br/>Assorted Chips <b>CHECK BAG</b><br/>Cookie <b>EMSW</b></p>         |

**\*\* 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.