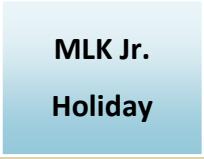


January 2018	Wieuca Day School				Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Savory Turkey Meatballs IN: Marinara Sauce WITH: Spaghetti Diced Carrots Diced Pears	3 Pizza Day Whole Wheat Cheese Pizza WITH: Garden Salad with Italian Dressing* Citrus Smiles *Green Peas	4 Beefy Macaroni Skillet WITH: Soft Breadstick Green Beans Banana Half	5 Under-the-sea-Whole Wheat Fish Nuggets WITH: Homemade Tartar Sauce Vegetable Medley Diced Peaches	
8 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken WITH: Green Beans Applesauce	9 All American Hamburger WITH: Wheat Bun Sliced American Cheese Mashed Potatoes Fresh Sliced Apples* *Applesauce	10 BBQ Pulled Chicken Sandwich with: Wheat Bun Slow Cooked Baked Beans Fruit Yogurt Cup	11 Tex Mex Turkey Soft Taco WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Mandarin Oranges	12 Chicken and Dumplings featuring Local Springer Mountain All Natural Chicken WITH: Green Peas Diced Pineapple	
15 	16 Whole Grain Chicken Strips WITH: House-made Honey Mustard Sauce Baby Carrots with Ranch Dip* Applesauce *Diced Carrots	17 Spaghetti in a Savory Turkey Meat Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Beans Diced Peaches and Pears	18 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Diced Pineapple	19 Oven Roasted Chicken WITH: Lemon Herb Brown Rice Green Lima Beans Mandarin Oranges	
22 Fiesta Chicken Soft Taco Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	23 Turkey Cheeseburger Mac OR with: Soft Breadstick Green Peas Diced Pears	24 Crispy Chicken Sandwich WITH: House-made Barbeque Sauce Slow Cooked Baked Beans Citrus Smiles	25 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken WITH: Mixed Vegetables Diced Peaches	26 Whole Grain Chicken Nuggets WITH: House-made Honey Mustard Garden Salad with Italian Dressing* Diced Pineapple *Diced Carrots	
29 Mama Mia Marinara Turkey Meatball Sub WITH: Sliced Cheese Steamed Green Beans Vanilla Diced Pears	30 IT'S BACK! Homestyle Beef Chili WITH: Cornbread Mixed Vegetable Medley Golden Applesauce	31 Teriyaki Chicken with Asian Style Noodles WITH: Green Peas Orange Wedges	*Steamed Vegetable Substitute for Toddler Milk Served with Lunch Daily		

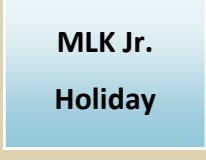


We are committed to Healthy, Nutritious & Delicious Meals.
Locally sourced ingredients included whenever possible.
No High Fructose Corn Syrup, Trans Fats,
or MSG are used in our recipes.
770-421-9550 www.ChefAdvantage.com

January 2018

Wieuca Day School

Allergen List

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Carrots None Diced Pears None Meatless Meatballs Wheat, Milk, Egg	3 Cheese Pizza Soy, Wheat, Milk Garden Salad None Italian Dressing None Orange None *Green Peas None	4 Beefy Macaroni Skillet** Wheat Breadstick Wheat Green Beans Wheat Banana None Garden Skillet Wheat, Milk	5 Fish Nuggets Wheat, Fish, Milk Tartar Sauce Egg, Fish Mixed Vegetables None Peaches None Veggie Sticks Soy, Wheat, Milk, Egg
8 Chicken Alfredo** Milk, Wheat Green Beans None Applesauce None Alfredo Pasta Wheat, Milk, Soy	9 Hamburger Bun None Cheese Wheat Soy, Milk Mashed Potatoes Soy Apples Soy None Gardenburger Soy, Wheat, Milk *Applesauce None	10 Pulled Chicken Baked Beans Yogurt Black Bean Bites Soy, Wheat, Milk	11 Soft Taco Cheddar Cheese Lettuce Corn Oranges Bean and Cheese Burrito Wheat, Milk, Soy	12 Chicken and Dumplings Soy, Wheat, Egg, Milk Green Peas None Pineapple None Boca Nuggets Soy, Wheat
15 	16 Chicken Strips Soy, Wheat, Egg, Milk Honey Mustard Egg Carrots None Ranch Dip Milk, Egg Applesauce None Boca Nuggets Soy, Wheat *Diced Carrots None	17 Spaghetti** Mozzarella Cheese Breadstick Wheat Green Beans Milk Peaches & Pears Wheat Spaghetti w/ Cheese Milk, Wheat	18 Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Corn None Pineapple None Bean & Cheese Quesadilla Wheat, Milk, Soy	19 Roasted Chicken Lemon Rice Lima Beans Oranges Eggplant w/ Cheese Soy, Wheat, Milk
22 Soft Taco Cheddar Cheese Corn Tropical Fruit Bean and Cheese Burrito Wheat, Milk, Soy	23 Cheeseburger Mac** Wheat, Milk Breadstick Wheat Green Peas None Diced Pears None Cheesy Shells Wheat, Milk	24 Chicken Soy, Wheat, Egg Bun Wheat BBQ Sauce None Baked Beans None Oranges None Black Bean Sandwich Soy, Wheat, Milk	25 Bowtie Pasta Soy, Wheat, Egg Mixed Vegetables Wheat Peaches None Roasted Veggie Sticks Soy, Wheat, Milk, Egg	26 Chicken Nuggets Soy, Milk, Egg, Wheat Honey Mustard Egg Garden Salad None Italian Dressing None Pineapple None Boca Nuggets Soy, Wheat *Diced Carrots None
29 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Green Beans None Diced Pears None Meatless Meatball Sub Wheat, Milk, Egg	30 Chili Cornbread None Soy, Wheat, Milk Mixed Vegetables None Applesauce None Vegetarian Chili None	31 Teriyaki Chicken Soy, Wheat Green Peas None Oranges None Vegetable Teriyaki Noodles Soy, Wheat		

****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.

