

March 2017

Wieuca Day School

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Twist & Shout Mac 'n Cheese WITH: Whole Wheat Roll Vegetable Medley It's Back! Fresh Strawberries	2 BBQ Pulled Chicken Sandwich WITH: Wheat Bun Slow Cooked Baked Beans Diced Pears	3 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Tropical Fruit	
6 All American Hamburger WITH: Wheat Bun Sliced American Cheese Mashed Potatoes Fresh Sliced Apples *Applesauce	7 Whole Grain Chicken Strips WITH: House-made Honey Mustard Sauce Fresh Broccoli with Ranch Dip Diced Peaches *Diced Carrots	8 Tex Mex Turkey Soft Taco WITH: Cheddar Cheese Shredded Lettuce Golden Sweet Corn Pineapple Tidbits	9 Whole Wheat Spaghetti in a Savory Turkey Meat Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Peas Diced Pears	10 Oven Roasted Chicken WITH: Lemon Herb Rice Green Lima Beans Mandarin Oranges
13 Whole Grain Chicken Nuggets WITH: House-made Barbeque Sauce Slow Cooked Baked Beans Diced Peaches	14 American Hamburger Skillet WITH: Soft Breadstick Green Peas Mandarin Oranges	15 Mama Mia Marinara Turkey Meatball Sub WITH: Sliced Cheese Fresh Cut Green Beans Pineapple Tidbits	16 Turkey Cheeseburger Mac Fresh Garden Salad with Homemade Ranch Dressing* It's Back! Fresh Strawberries *Green Peas	17 Happy St. Patrick's Day! Homestyle Beef Chili WITH: Cornbread Mixed Vegetable Medley Golden Applesauce Shamrock Rice Krispies!
20 Fiesta Chicken Soft Taco Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	21 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken WITH: Mixed Vegetables Diced Pears	22 Topsy Turvy Breakfast for Lunch!! Whole Grain French Toast Sticks WITH: Turkey Sausage Waffle Syrup Applesauce Banana Half	23 Crispy Chicken Sandwich WITH: Wheat Bun Honey Mustard Fresh Cut Green Beans Mandarin Oranges	24 Pizza Day Whole Wheat Cheese Pizza WITH: Baby Carrots* with Ranch Dip Pineapple Tidbits *Naturally Sweet Diced Carrots
27 Savory Turkey Meatballs IN: Marinara Sauce WITH: Spaghetti Garden Salad with Italian Dressing* Citrus Smiles *Green Peas	28 Oven Roasted Chicken WITH: Lemon Herb Rice Diced Carrots Diced Peaches	29 Chicken and Dumplings featuring Local Springer Mountain All Natural Chicken WITH: Fresh Cut Green Beans Golden Applesauce	30 Twist & Shout Mac 'n Cheese WITH: Whole Wheat Roll Green Peas Mandarin Oranges	31 Under-the-sea-Whole Wheat Fish Nuggets WITH: Homemade Tartar Sauce Soft Breadstick Vegetable Medley Diced Pears



ChefAdvantage is committed to Healthy, Nutritious and Delicious Meals.

Locally sourced ingredients included whenever possible.

No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.

www.ChefAdvantage.com

770-421-9550

Milk Served with Lunch Daily

***2oz Steamed Vegetable Substitute for Toddler**

March 2016

Childcare

Allergen List

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Hamburger Bun Cheese Mashed Potatoes Apple Slices *Applesauce	7 Chicken Strips Soy, Wheat, Egg, Milk Honey Mustard Broccoli Ranch Dip Peaches *Carrots	1 Pasta** Roll Veggie Medley Strawberries Wheat, Milk Wheat None None	2 Pulled Chicken Baked Beans Diced Pears Soy, Wheat None None	3 Chicken Quesadilla Salsa Rice Corn Tropical Fruit Milk, Wheat None Milk None None
13 Chicken Nuggets Soy, Milk, Egg, Wheat BBQ Sauce Baked Beans Peaches	14 Hamburger Skillet** Breadstick Green Peas Oranges	8 Soft Taco Cheddar Cheese Lettuce Corn Pineapple Wheat Milk None None	9 Spaghetti** Mozzarella Cheese Breadstick Peas Pears Wheat Milk Wheat None None	10 Roasted Chicken Lemon Rice Lima Beans Oranges Soy Soy None None
20 Soft Taco Cheddar Cheese Corn Tropical Fruit	21 Chicken Alfredo** Milk, Wheat Mixed Vegetables Diced Pears	15 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Cheese Green Beans Pineapple Soy, Wheat Soy, Milk None None	16 Cheeseburger Mac** Wheat, Milk Garden Salad* Ranch Dressing Strawberries Milk, Egg None *Green Peas	17 Chili Cornbread Soy, Wheat, Milk Mixed Vegetables Applesauce Rice Krispies None None Soy
27 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Garden Salad None Italian Dressing None *Peas	28 Roasted Chicken Lemon Rice Carrots Peaches	22 Waffle Sticks Soy, Wheat, Milk, Egg Syrup Turkey Sausage Applesauce Banana None None None None	23 Chicken Bun Honey Mustard Green Beans Oranges Soy, Wheat, Egg Soy, Wheat Egg None None	24 Cheese Pizza Soy, Wheat, Milk Baby Carrots Ranch Dip Pineapple None Milk, Egg *Diced Carrots
29 Chicken and Dumplings Soy, Wheat, Egg, Milk Green Beans Applesauce None None	30 Pasta** Roll Green Peas Oranges Wheat, Milk Wheat None None	31 Fish Nuggets Wheat, Fish, Milk Tartar Sauce Breadstick Mixed Vegetables Pears Egg, Fish Wheat None None		

****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.

Milk Served with Lunch Daily

*2oz Steamed Vegetable Substitute for Toddler