

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	
<div>  </div> <div> <p>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 </p> </div> <div> <p>Milk Served with Lunch Daily</p> <p>*2oz Steamed Vegetable Substitute for Toddler</p> </div>					
770-421-9550					

March 2016		Childcare				Allergen List			
Monday		Tuesday		Wednesday		Thursday		Friday	
		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		4 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches		Milk, Wheat None None None		5 Soft Taco Cheddar Cheese Lettuce Corn Pineapple		Wheat, Milk None None None	
6 Hamburger Bun Cheese Mashed Potatoes Apple Slices *Applesauce		7 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		8 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
9 Chicken Nuggets BBQ Sauce Baked Beans Peaches		10 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		11 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
12 Soft Taco Cheddar Cheese Corn Tropical Fruit		13 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		14 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
15 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		16 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		17 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
18 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		19 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		20 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
21 Chicken Nuggets BBQ Sauce Baked Beans Peaches		22 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		23 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
24 Soft Taco Cheddar Cheese Corn Tropical Fruit		25 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		26 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
27 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		28 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		29 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
30 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		31 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		32 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
33 Chicken Nuggets BBQ Sauce Baked Beans Peaches		34 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		35 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
36 Soft Taco Cheddar Cheese Corn Tropical Fruit		37 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		38 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
39 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		40 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		41 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
42 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		43 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		44 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
45 Chicken Nuggets BBQ Sauce Baked Beans Peaches		46 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		47 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
48 Soft Taco Cheddar Cheese Corn Tropical Fruit		49 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		49 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
50 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		51 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		52 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
53 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		54 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		55 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
56 Chicken Nuggets BBQ Sauce Baked Beans Peaches		57 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		58 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
59 Soft Taco Cheddar Cheese Corn Tropical Fruit		60 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		61 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
62 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		63 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		64 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
65 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		66 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		67 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
68 Chicken Nuggets BBQ Sauce Baked Beans Peaches		69 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		69 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
70 Soft Taco Cheddar Cheese Corn Tropical Fruit		71 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		71 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
72 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		73 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		74 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
75 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		76 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		77 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
78 Chicken Nuggets BBQ Sauce Baked Beans Peaches		79 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		79 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
80 Soft Taco Cheddar Cheese Corn Tropical Fruit		81 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		81 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
82 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		83 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		84 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
85 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		86 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		87 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
88 Chicken Nuggets BBQ Sauce Baked Beans Peaches		89 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		89 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
90 Soft Taco Cheddar Cheese Corn Tropical Fruit		91 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		91 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
92 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		93 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		94 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
95 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		96 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		97 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
98 Chicken Nuggets BBQ Sauce Baked Beans Peaches		99 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		99 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
99 Soft Taco Cheddar Cheese Corn Tropical Fruit		100 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		100 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
100 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		101 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		102 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
101 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		102 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		103 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
102 Chicken Nuggets BBQ Sauce Baked Beans Peaches		103 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		103 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
103 Soft Taco Cheddar Cheese Corn Tropical Fruit		104 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		104 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
104 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		105 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		106 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
105 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		106 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		107 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
106 Chicken Nuggets BBQ Sauce Baked Beans Peaches		107 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		107 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
107 Soft Taco Cheddar Cheese Corn Tropical Fruit		108 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		108 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
108 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		109 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		109 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
109 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		110 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		110 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
110 Chicken Nuggets BBQ Sauce Baked Beans Peaches		111 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		111 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
111 Soft Taco Cheddar Cheese Corn Tropical Fruit		112 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		112 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
112 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		113 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		113 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
113 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		114 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		114 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
114 Chicken Nuggets BBQ Sauce Baked Beans Peaches		115 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		115 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
115 Soft Taco Cheddar Cheese Corn Tropical Fruit		116 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		116 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
116 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		117 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		117 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
117 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		118 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		118 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
118 Chicken Nuggets BBQ Sauce Baked Beans Peaches		119 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		119 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
119 Soft Taco Cheddar Cheese Corn Tropical Fruit		120 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		120 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
120 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		121 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		121 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
121 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		122 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		122 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
122 Chicken Nuggets BBQ Sauce Baked Beans Peaches		123 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		123 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
123 Soft Taco Cheddar Cheese Corn Tropical Fruit		124 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		124 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
124 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		125 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		125 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
125 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		126 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		126 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
126 Chicken Nuggets BBQ Sauce Baked Beans Peaches		127 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		127 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
127 Soft Taco Cheddar Cheese Corn Tropical Fruit		128 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		128 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
128 Turkey Meatballs Spaghetti Garden Salad Italian Dressing Citrus Smiles *Peas		129 Roasted Chicken Lemon Rice Carrots Peaches		Soy Soy None None		129 Cheeseburger Mac** Garden Salad* Ranch Dressing Strawberries *Green Peas		Wheat, Milk None None Milk, Egg None None	
129 Hamburger Cheese Mashed Potatoes Apple Slices *Applesauce		130 Chicken Strips Honey Mustard Broccoli Ranch Dip Peaches *Carrots		Soy, Wheat, Egg, Milk Egg None Milk, Egg None None		130 Spaghetti** Mozzarella Cheese Breadstick Peas Pears		Wheat Milk Wheat None None	
130 Chicken Nuggets BBQ Sauce Baked Beans Peaches		131 Hamburger Skillet** Breadstick Green Peas Oranges		Soy, Milk, Egg, Wheat None None None		131 Turkey Meatballs Bun Cheese Green Beans Pineapple		Wheat, Milk, Egg Soy, Wheat Soy, Milk None None	
131 Soft Taco Cheddar Cheese Corn Tropical Fruit		132 Chicken Alfredo** Mixed Vegetables Diced Pears		Wheat Milk, Wheat None None		132 Waffle Sticks Syrup Turkey Sausage Applesauce Banana		Soy, Wheat, Milk, Egg None None None None	
132 Turkey Meatballs Spaghetti Garden Salad Italian Dressing									

****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**