





Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>3</b>  <b>BBQ Pulled Chicken Sandwich</b>  <b>OR: NEW! Black Bean Burger</b>  <b>WITH:</b> Baked Beans                      Steamed Corn                      Tropical Fruit Salad</p>	<p><b>4</b>  <b>Fiesta Chicken Taco</b>  <b>OR: Whole Wheat Bean &amp; Cheese Burrito</b>  <b>WITH:</b> Refried Beans                      SunChips                      Fresh Red Apple</p>	<p><b>Fun Lunch!</b></p>	<p><b>6</b>  <b>Chicken Parmesan</b>  <b>OR: Eggplant Parmesan</b>  <b>OVER:</b> Whole Wheat Noodles  <b>WITH:</b> Steamed Green Beans                      Romaine Salad                      with Ranch Dressing                      Diced Pears                      Sugar Cookie</p>	<p><b>7</b>  <b>Domino's Pizza Fridays!</b>  <b>Hand Tossed Cheese Pizza</b>  <b>WITH:</b> Garden Salad with                      Low Fat Ranch Dressing                      Mixed Up Fruit Cup</p> 	
<p><b>10</b>  <b>Chicken and Vegetable Lo Mein</b>                      featuring Local Springer Mountain All Natural Chicken  <b>OR: Vegetable Lo Mein</b>  <b>WITH:</b> Steamed Corn                      Baby Carrots                      with Ranch Dip                      Pineapple Tidbits</p>	<p><b>11</b>  <b>Grilled Chicken Strips</b>  <b>OR: NEW! Black Bean Bites</b>  <b>WITH:</b> BBQ Sauce                      Whole Grain Roll                      Southern Style Baked Beans                      Pretzel                      Seedless Grapes</p>		<p><b>13</b>  <b>Very Mild Buffalo Chicken Drumsticks</b>  <b>OR: Macaroni &amp; Cheese</b>                      Whole Wheat Dinner Roll  <b>WITH:</b> Mashed Potatoes                      Celery Sticks                      with Ranch Dip                      Juicy Orange Wedges                      Chocolate Chip Cookie</p>	<p><b>14</b>  <b>Domino's Pizza Fridays!</b>  <b>Hand Tossed Cheese Pizza</b>  <b>WITH:</b> Garden Salad with                      Low Fat Citrus Vinaigrette Dressing                      Mixed Up Fruit Cup</p> 	
<p><b>17</b>  <b>All Beef Hot Dog</b>  <b>OR: Meatless Meatball Sub</b>  <b>WITH:</b> Whole Wheat Bun                      Ranchero Beans                      Baby Carrots                      with Ranch Dip                      Tropical Fruit Salad</p>	<p><b>18</b>  <b>Chicken Nuggets</b>  <b>OR: NEW! Black Bean Bites</b>  <b>WITH:</b> Mashed Potatoes                      Cheese-its                      Peaches and Pears</p>		<p><b>20</b>  <b>Fiesta Chicken Nachos</b>  <b>OR: Bean &amp; Cheese Nachos</b>  <b>WITH:</b> Seasoned Black Beans                      Chef Made Salsa                      Whole Banana                      Sugar Cookie</p>	<p><b>21</b>  <b>Domino's Pizza Fridays!</b>  <b>Hand Tossed Cheese Pizza</b>  <b>WITH:</b> Garden Salad with                      Low Fat Italian Dressing                      Mixed Up Fruit Cup</p> 	
<p><b>24</b>  <b>Hawaiian Chicken Taco</b>  <b>OR: Bean Soft Taco</b>                      on a Soft Tortilla  <b>WITH:</b> Freshly Mixed Slaw                      Seasoned Black Beans                      Corn on the Cobb                      Diced Peaches</p>	<p><b>25</b>  <b>American Hamburger</b>  <b>OR: Gardenburger</b>  <b>WITH:</b> Whole Wheat Bun                      Sliced Cheese                      Potato Wedges                      SunChips                      Pineapple Tidbits</p>		<p><b>27</b>  <b>Under-the-Sea Whole Wheat Fish Nuggets</b>  <b>OR: Macaroni and Cheese</b>  <b>WITH:</b> Tartar Sauce                      Steamed Diced Carrots                      Cucumber Salad                      Diced Pears                      Chocolate Chip Cookie</p>	<p><b>28</b>  <b>Domino's Pizza Fridays!</b>  <b>Hand Tossed Cheese Pizza</b>  <b>WITH:</b> Garden Salad with                      Low Fat Ranch Dressing                      Mixed Up Fruit Cup</p> 	
<p><b>31</b>  <b>Chef-fil-a Breaded Chicken Sandwich</b>  <b>OR: Gardenburger on a Whole Wheat Bun</b>                      on a Whole Wheat Bun  <b>WITH:</b> Mashed Potatoes                      Cucumber Coins                      with Ranch Dip                      Red Delicious Applesauce                      Pumpkin Muffin Bar!</p>					

**V = Vegetarian Entrée Options**

**Milk is Included with All Meals**  
 Choose 1% White or Fat Free Chocolate Milk



**ChefAdvantage**



www.Facebook.com/ChefAdvantage

No High Fructose Corn Syrup  
 Trans Fat Free  
 No Artificial Sweeteners  
 No MSG

Locally sourced ingredients included whenever possible

**FOUR DAY Ordering Deadline**

<https://ChefAdvantage.orderlunches.com>

**"This institution is an equal opportunity provider."**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <b>Salad Meal:</b> Chicken Caesar Salad Vegetarian Cobb Salad</p> <p><b>Sandwich Meal:</b> Deli Chicken and Cheddar Turkey &amp; Cheese Croissant</p> <p><b>Sides:</b> Three Bean Salad Southern Potato Salad Tropical Fruit Salad</p>	<p><b>4</b> <b>Salad Meal:</b> Fiesta Chicken Taco Salad Vegetarian Cobb Salad</p> <p><b>Sandwich Meal:</b> Chicken Salad Sandwich Turkey &amp; Cheese Croissant</p> <p><b>Sides:</b> Baby Carrots with Ranch Dip Cucumber Salad Seedless Grapes</p>	<p><b>Fun Lunch!</b></p>	<p><b>6</b> <b>Salad Meal:</b> Grilled Chicken Salad Vegetarian Cobb Salad</p> <p><b>Sandwich Meal:</b> Grilled Chicken Wrap Turkey &amp; Cheese Croissant</p> <p><b>Sides:</b> Celery Sticks Baby Carrots with Ranch Dip Diced Pears</p>	<p><b>7</b> <b>Salad Meal:</b> Tuna Salad Plate with Pita Points Vegetarian Cobb Salad</p> <p><b>Sandwich Meal:</b> Soybutter &amp; Jelly on Wheat Bread</p> <p><b>Sides:</b> Romaine Salad with Italian Dressing Three Bean Salad Mixed Up Fruit Cup</p>
<p><b>10</b> <b>Salad Meal:</b> Grilled Chicken Salad over Fresh Spinach with Mandarin Oranges Fresh Fruit and Yogurt Plate with Oatmeal Squares</p> <p><b>Sandwich Meal:</b> Two Cheese Sandwich Grilled Chicken Breast on a Wheat Bun</p> <p><b>Sides:</b> Three Bean Salad Southern Potato Salad Tropical Fruit Salad</p>	<p><b>11</b> <b>Salad Meal:</b> Chef Salad with Sliced Turkey Fresh Fruit and Yogurt Plate with Oatmeal Squares</p> <p><b>Sandwich Meal:</b> Soybutter &amp; Jelly Sandwich Grilled Chicken Breast on a Wheat Bun</p> <p><b>Sides:</b> Baby Carrots with Ranch Dip Cucumber Salad Seedless Grapes</p>		<p><b>13</b> <b>Salad Meal:</b> Black Bean &amp; Corn Salad with a Jalapeno Corn Muffin Fresh Fruit &amp; Yogurt Plate with Oatmeal Squares</p> <p><b>Sandwich Meal:</b> All American Sub Sandwich Grilled Chicken Breast on a Wheat Bun</p> <p><b>Sides:</b> Celery Sticks Baby Carrots with Ranch Dip Juicy Orange Wedges</p>	<p><b>14</b> <b>Salad Meal:</b> Fresh Fruit and Yogurt Plate with Oatmeal Squares</p> <p><b>Sides:</b> Romaine Salad with Ranch Dressing Three Bean Salad Mixed Up Fruit Cup</p>
<p><b>17</b> <b>Salad Meal:</b> Breaded Chicken Tender Salad Fiesta Chicken Taco Salad</p> <p><b>Sandwich Meal:</b> Chicken Caesar Wrap Turkey Ham and Cheese on Wheat Bread</p> <p><b>Sides:</b> Three Bean Salad Southern Potato Salad Tropical Fruit Salad</p>	<p><b>18</b> <b>Salad Meal:</b> Pasta Salad Plate with Crackers Fiesta Chicken Taco Salad</p> <p><b>Sandwich Meal:</b> Grilled Vegetable Wrap Turkey Ham and Cheese on Wheat Bread</p> <p><b>Sides:</b> Baby Carrots with Ranch Dip Cucumber Salad Peaches and Pears</p>		<p><b>20</b> <b>Salad Meal:</b> Chef Salad with Sliced Turkey Fiesta Chicken Taco Salad</p> <p><b>Sandwich Meal:</b> Two Cheese Sandwich on Wheat Turkey Ham and Cheese on Wheat Bread</p> <p><b>Sides:</b> Celery Sticks Baby Carrots with Ranch Dip Fresh Whole Banana</p>	<p><b>21</b> <b>Salad Meal:</b> Tuna Salad Plate with Pita Points</p> <p><b>Sides:</b> Romaine Salad with Citrus Dressing Three Bean Salad Mixed Up Fruit Cup</p>
<p><b>24</b> <b>Salad Meal:</b> Build Your Own Nacho Plate Diced Turkey and Cheese Cracker Plate</p> <p><b>Sandwich Meal:</b> Build Your Own Pita Pizza Buffalo Chicken Wrap</p> <p><b>Sides:</b> Three Bean Salad Southern Potato Salad Diced Peaches</p>	<p><b>25</b> <b>Salad Meal:</b> Grilled Chicken over Romaine Salad Diced Turkey and Cheese Cracker Plate</p> <p><b>Sandwich Meal:</b> Deli Chicken and Cheddar Cheese on a Wheat Bun Buffalo Chicken Wrap</p> <p><b>Sides:</b> Baby Carrots with Ranch Dip Cucumber Salad Diced Pears</p>		<p><b>27</b> <b>Salad Meal:</b> Vegetarian Cobb Salad Diced Turkey and Cheese Cracker Plate</p> <p><b>Sandwich Meal:</b> All American Sub Sandwich Buffalo Chicken Wrap</p> <p><b>Sides:</b> Celery Sticks Baby Carrots with Ranch Dip Pineapple Tidbits</p>	<p><b>28</b> <b>Sandwich Meal:</b> Two Cheese Sandwich on Wheat</p> <p><b>Sides:</b> Romaine Salad with Italian Dressing Three Bean Salad Mixed Up Fruit Cup</p>
<p><b>31</b> <b>Salad Meal:</b> Chicken Caesar Salad Vegetarian Cobb Salad</p> <p><b>Sandwich Meal:</b> Deli Chicken and Cheddar Turkey &amp; Cheese Croissant</p> <p><b>Sides:</b> Three Bean Salad Southern Potato Salad Tropical Fruit Salad</p>				

**SALAD AND SANDWICH MEALS**  
Includes Two Vegetable Sides and Fruit of the Day  
**V = Vegetarian Entrée**  
Milk is Included with All Meals



No High Fructose Corn Syrup, MSG, or Artificial Sweeteners • Trans Fat Free • Locally sourced ingredients included whenever possible

October 2016

ChefAdvantage

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>  <b>Salad Meal:</b>                      Chicken Caesar Salad                      S, W, E, M                      Vegetarian Cobb Salad                      S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Deli Chicken &amp; Cheddar                      S, W, M                      Turkey &amp; Cheese Croissant                      S, W, M</p>	<p><b>4</b>  <b>Salad Meal:</b>                      Fiesta Taco Salad                      S, W, E, M                      Vegetarian Cobb Salad                      S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Chicken Salad Sandwich                      S, W, M, E                      Turkey &amp; Cheese Croissant                      S, W, M</p>	<p><b>Fun Lunch!</b></p>	<p><b>6</b>  <b>Salad Meal:</b>                      Grilled Chicken Salad                      S, E, W, M                      Vegetarian Cobb Salad                      S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Grilled Chicken Wrap                      S, W, M                      Turkey &amp; Cheese Croissant                      S, W, M</p>	<p><b>7</b>  <b>Salad Meal:</b>                      Tuna Salad Plate                      S, E, W                      Vegetarian Cobb Salad                      S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Soybutter &amp; Jelly                      S, W, M</p>
<p><b>10</b>  <b>Salad Meal:</b>                      Grilled Chicken Salad                      S, E, W, M                      Fresh Fruit &amp; Yogurt Plate                      S, W, M</p> <p><b>Sandwich Meal:</b>                      Two Cheese Sandwich                      S, W, M                      Grilled Chicken Sandwich                      S, W, M</p>	<p><b>11</b>  <b>Salad Meal:</b>                      Chef Salad                      S, E, W, M                      Fresh Fruit &amp; Yogurt Plate                      S, W, M</p> <p><b>Sandwich Meal:</b>                      Soybutter &amp; Jelly                      S, W, M                      Grilled Chicken Sandwich                      S, W, M</p>		<p><b>13</b>  <b>Salad Meal:</b>                      Black Bean Salad Plate                      S, W, E, M                      Fresh Fruit &amp; Yogurt Plate                      S, W, M</p> <p><b>Sandwich Meal:</b>                      All American Sub Sandwich                      S, W, M                      Grilled Chicken Sandwich                      S, W, M</p>	<p><b>14</b>  <b>Salad Meal:</b>                      Fresh Fruit &amp; Yogurt Plate                      S, W, M</p>
<p><b>17</b>  <b>Salad Meal:</b>                      Chicken Tender Salad                      S, W, E, M                      Fiesta Taco Salad                      S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Chicken Caesar Wrap                      F, M, S, W                      Turkey Ham and Cheese                      S, W, M</p>	<p><b>18</b>  <b>Salad Meal:</b>                      Pasta Salad Plate                      S, W, M                      Fiesta Taco Salad                      S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Grilled Vegetable Wrap                      S, W, M                      Turkey Ham and Cheese                      S, W, M</p>		<p><b>20</b>  <b>Salad Meal:</b>                      Chef Salad                      S, E, W, M                      Fiesta Taco Salad                      S, W, E, M</p> <p><b>Sandwich Meal:</b>                      Two Cheese Sandwich                      S, W, M                      Turkey Ham and Cheese                      S, W, M</p>	<p><b>21</b>  <b>Salad Meal:</b>                      Tuna Salad Plate                      S, E, W</p>
<p><b>24</b>  <b>Salad Meal:</b>                      Nacho Plate                      S, W, M                      Turkey &amp; Cheese Plate                      W, S, M</p> <p><b>Sandwich Meal:</b>                      Build Your Own Pita Pizza                      S, W, M                      Buffalo Chicken Wrap                      S, W, M</p>	<p><b>25</b>  <b>Salad Meal:</b>                      Grilled Chicken Salad                      S, E, W, M                      Turkey &amp; Cheese Plate                      W, S, M</p> <p><b>Sandwich Meal:</b>                      Deli Chicken &amp; Cheddar                      S, W, M                      Buffalo Chicken Wrap                      S, W, M</p>		<p><b>27</b>  <b>Salad Meal:</b>                      Vegetarian Cobb Salad                      S, E, W, M                      Turkey &amp; Cheese Plate                      W, S, M</p> <p><b>Sandwich Meal:</b>                      All American Sub Sandwich                      S, W, M                      Buffalo Chicken Wrap                      S, W, M</p>	<p><b>28</b>  <b>Sandwich Meal:</b>                      Two Cheese Sandwich                      S, W, M</p>
<p><b>31</b>  <b>Salad Meal:</b>                      Chicken Caesar Salad                      S, W, E, M                      Vegetarian Cobb Salad                      S, E, W, M</p> <p><b>Sandwich Meal:</b>                      Deli Chicken &amp; Cheddar                      S, W, M                      Turkey &amp; Cheese Croissant                      S, W, M</p>				



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.

**ALLERGEN KEY:**  
 Soy = S  
 Wheat = W  
 Egg = E  
 Milk = M  
 Fish = F

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> <b>BBQ Chicken Sandwich</b> Wheat, Soy <b>Baked Beans</b> None <b>Corn</b> None <b>Tropical Fruit</b> None <b>Black Bean Sandwich</b> Milk, Soy, Wheat	<b>4</b> <b>Fiesta Chicken Taco</b> Soy, Milk, Wheat <b>Refried Beans</b> None <b>Tex Mex Tomato Salad</b> None <b>Apple</b> None <b>Bean &amp; Cheese Burrito</b> Soy, Wheat, Milk	<p><b>Fun Lunch!</b></p>	<b>6</b> <b>Chicken Parmesan**</b> Wheat, Egg, Soy, Milk <b>Green Beans</b> None <b>Salad</b> None <b>Ranch</b> Soy, Milk, Egg <b>Diced Pears</b> None <b>Eggplant Parmesan</b> Egg, Wheat, Soy, Milk	<b>7</b> <b>Pizza Salad</b> Milk, Wheat, Soy <b>Ranch Fruit Cup</b> Soy, Milk, Egg None	
<b>10</b> <b>Chicken Lo Mein**</b> Wheat, Soy <b>Corn</b> None <b>Baby Carrots</b> None <b>Ranch Dip</b> Soy, Milk, Egg <b>Pineapple</b> None <b>Vegetable Lo Mein**</b> Wheat, Soy	<b>11</b> <b>Chicken Strips</b> Soy, Wheat, Milk, Egg <b>BBQ Sauce</b> None <b>Roll</b> Wheat, Soy <b>Baked Beans</b> None <b>Tomatoes</b> None <b>Dill Dip</b> Milk <b>Grapes</b> None <b>Black Bean Bites</b> Milk, Soy, Wheat		<b>13</b> <b>Buffalo Drumsticks</b> Soy, Milk <b>Roll</b> Soy, Wheat <b>Mashed Potatoes</b> Soy, Milk <b>Celery Sticks</b> None <b>Ranch Dip</b> Soy, Milk, Egg <b>Oranges</b> None <b>Mac &amp; Cheese</b> Soy, Wheat, Milk	<b>14</b> <b>Pizza Salad</b> Milk, Wheat, Soy <b>Citrus Vinaigrette</b> None <b>Fruit Cup</b> None	
<b>17</b> <b>Beef Hot Dog</b> Soy, Wheat <b>Ranchero Beans</b> None <b>Baby Carrots</b> None <b>Ranch Dip</b> Soy, Milk, Egg <b>Tropical Fruit</b> None <b>Meatless Meatball Sub</b> Soy, Wheat, Eggs, Milk	<b>18</b> <b>Chicken Nuggets</b> Wheat, Milk, Eggs <b>Celery</b> None <b>Ranch Dip</b> Soy, Milk, Egg <b>Mashed Potatoes</b> Soy, Milk <b>Peaches/Pears</b> None <b>Black Bean Bites</b> Milk, Soy, Whea		<b>20</b> <b>Chicken Nachos</b> Milk <b>Black Beans</b> None <b>Salsa</b> None <b>Banana</b> None <b>Bean &amp; Cheese Nachos</b> Milk	<b>21</b> <b>Pizza Salad</b> Milk, Wheat, Soy <b>Italian Dressing</b> None <b>Fruit Cup</b> None	
<b>24</b> <b>Chicken Taco</b> Wheat, Soy, Fish <b>Slaw</b> Soy, Egg <b>Corn</b> None <b>Peaches</b> None <b>Bean &amp; Cheese Burrito</b> Soy, Wheat, Milk	<b>25</b> <b>Hamburger Bun</b> Soy, Wheat <b>Cheese</b> Soy, Milk <b>Potato Wedges</b> Soy, Wheat <b>Baked Beans</b> None <b>Pineapple</b> None <b>Gardenburger</b> Soy, Wheat, Milk		<b>27</b> <b>Fish Nuggets</b> Wheat, Fish, Milk, Soy <b>Tartar Sauce</b> Soy, Egg, Fish <b>Carrots</b> None <b>Cucumber Salad</b> None <b>Pears</b> None <b>Mac &amp; Cheese</b> Soy, Wheat, Milk	<b>28</b> <b>Pizza Salad</b> Milk, Wheat, Soy <b>Ranch Fruit Cup</b> Soy, Milk, Egg None	
<b>31</b> <b>Chicken Sandwich</b> Soy, Wheat, Milk, Egg <b>Mashed Potatoes</b> Soy, Milk <b>Cucumber Coins</b> None <b>Ranch</b> Soy, Milk, Egg <b>Applesauce</b> None <b>Muffin Bars</b> Soy, Wheat, Milk, Egg <b>Gardenburger</b> Soy, Wheat, Milk					



**\*\*All Pasta Products are Processed in a Facility that Uses Egg\*\***

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