

Monday

Tuesday

Wednesday

Thursday

Friday



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Salisbury Steak with Brown Gravy
All American Sub on Whole Grain Roll
Turkey and Cheese Sandwich on Whole Grain Bun
Strawberry Yogurt Fruit Plate
Featured Sides:
Steamed Rice Pilaf
Steamed Broccoli Florets
Carrot Sticks with Red Pepper Hummus

6

Whole Grain Crispy Pollock Fish Bites with Tartar Sauce
Spicy Buffalo Chicken Wrap on Whole Grain
Turkey Ham and Cheese on Whole Grain Tortilla
Vanilla Yogurt Fruit Plate
Featured Sides:
Oven Roasted Sweet Potato Fries
Steamed Sweet Peas
Romaine Garden Salad with Ranch Dressing

7

Whole Grain Breaded Chicken Tenders with Honey Mustard Dipping Sauce
Turkey and Cheese Sandwich on Whole Grain Bun
Chicken Caesar Wrap on Whole Grain Tortilla
Pineapple Cottage Cheese Plate
Featured Sides:
House Made Creamy Mashed Potatoes
Sliced Zucchini and Onions
Cinnamon Apple Crisp

8

New Mexico Turkey Skillet with Shredded Cheese and Lettuce
Tuna Sandwich on Whole Grain Bun
Turkey Ham and Cheese Sandwich on Whole Grain
Peachy Cottage Cheese Plate
Featured Sides:
Steamed Yellow Rice
Pinto Beans with Mozzarella Cheese
Strawberry and Banana Smoothie

11

Whole Grain Pizza with Turkey Pepperoni
Turkey and Cheese Wrap on Whole Grain Tortilla
Turkey Ham and Cheese Sandwich on Whole Grain Croissant
Peachy Cottage Cheese Plate
Featured Sides:
Romaine Caesar Salad with Croutons
Garlic Green Beans
Carrot Sticks with Dill Dip

12

Creamy Chicken Alfredo with Whole Grain Pasta
Turkey and Cheese Sandwich on Whole Grain Bun
Roast Beef and Cheese Sandwich on Whole Grain Bun
Vanilla Yogurt Fruit Plate
Featured Sides:
Whole Kernel Corn with Roasted Red Peppers
Sliced Zucchini and Onions

13

All American Hamburger with Cheese on a Whole Grain Bun
Turkey Ham and Cheese on Whole Grain
Tuna Salad Sandwich on Whole Grain Bun
Strawberry Yogurt Fruit Plate
Featured Sides:
Oven Roasted Potato Wedges
Sliced Pickle Wheels
Three Bean Salad

14

Spicy Chicken and Sausage with Onions and Peppers
Turkey and Cheese Wrap on Whole Grain Tortilla
Roast Beef Sandwich on Whole Grain
Pineapple Cottage Cheese Plate
Featured Sides:
Steamed Rice
Steamed Broccoli Florets
Sweet Crisp Apple

15

Whole Grain Corn Dog
Chicken Caesar Wrap on Whole Grain Tortilla
Turkey Ham and Cheese Sandwich on Whole Grain Bun
Strawberry Yogurt Fruit Plate
Featured Sides:
Oven Roasted Sweet Potato Fries
Green Sweet Peas
Juicy Orange Wedges
Black Bean and Corn Salad

18

All Natural Beef Hot Dogs on Whole Grain Bun
Turkey and Cheese Sandwich on Whole Grain Bun
Turkey Ham and Cheese Sandwich on Whole Grain Bun
Vanilla Yogurt Fruit Plate
Featured Sides:
Creamy Cole Slaw
Baked Beans with Pork
Sweet Corn on the Cob

19

Cheesy Chicken, Broccoli and Rice Casserole
Spicy Buffalo Chicken Wrap on Whole Grain
All American Sub on Whole Grain Bun
Strawberry Yogurt Fruit Plate
Featured Sides:
Garden Salad with Italian Dressing
Honey Glazed Carrots

20

Mini Chicken Sliders on Whole Grain Bun
Turkey Ham and Cheese Sandwich on Whole Grain Bun
Chicken Caesar Wrap on Whole Grain
Pineapple Cottage Cheese Plate
Featured Sides:
Oven Roasted Crinkle Fries
Southern Style Collard Greens

21

Beef Soft Taco with Shredded Cheese and Lettuce
Turkey and Swiss Sandwich on Whole Grain Tortilla
Roast Beef and Cheese Sandwich on Whole Grain Bun
Peachy Cottage Cheese Plate
Featured Sides:
Southwest Black Beans
Steamed Mexi Cali Rice
Fresh Made Salsa

22

Herb Roasted Chicken Legs with Hot Sauce
Whole Grain Cornbread Squares
Tuna Salad Sandwich on Whole Grain Bun
Turkey Ham and Cheese Sandwich on Whole Grain Croissant
Featured Sides:
Creamy Macaroni and Cheese
Garlic Green Beans
Sliced Tomato Salad

25

Whole Grain Baked Spaghetti with Mozzarella Cheese
Tuna Salad Sandwich on Whole Grain
Turkey and Cheese on Whole Grain Bun
Pineapple Cottage Cheese Plate
Featured Sides:
Whole Kernel Corn with Roasted Red Peppers
Zesty Three Bean Salad
Honey Glazed Carrots

26

Whole Grain Chicken Nuggets with BBQ Sauce
Chicken Salad Sandwich on Whole Grain Bun
Turkey and Pepper Jack Cheese Sandwich on Whole Grain
Vanilla Yogurt Fruit Plate
Featured Sides:
Sweet Potato Tots
Oven Roasted Cauliflower

27

Country Style Meatloaf with Ketchup Glaze
House Made Corn Bread Squares
Turkey Ham and Cheese Sandwich on Whole Grain
Roast Beef Sandwich on Whole Grain Bun
Strawberry Yogurt Fruit Plate
Featured Sides:
Creamy Mashed Potatoes
Southern Style Collard Greens

28

Whole Grain Pizza with Turkey Pepperoni
Turkey and Cheese Wrap on Whole Grain Tortilla
Turkey Ham and Cheese Sandwich on Whole Grain Croissant
Peachy Cottage Cheese Plate
Featured Sides:
Garlic Green Beans
Strawberry Applesauce

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Breaded Chicken Sandwiches on Whole Grain Bun
Tuna Salad Sandwich on Whole Grain Bun
All American Sub on Whole Grain Roll
Vanilla Yogurt Fruit Plate
Featured Sides:
Assorted Sun Chips
Black and Bean Corn Salad Sliced
Broccoli Florets with Ranch Dressing

Soup and Panini Station

Monday- Turkey and Cheddar Panini- Chicken Noodle Soup

Tuesday- Chicken and Pepper Jack Cheese Panini- Broccoli and Cheese Soup

Wednesday- Turkey Ham and Provolone Panini- Minestrone Soup

Thursday- Turkey and Swiss Panini- Loaded Potato Soup

Friday- Chicken and Cheddar Panini- White Bean Chili Soup

FOUR DAY ORDERING DEADLINE: <https://chefadvantage.boonli.com/>

ChefAdvantage is committed to Healthy, Nutritious and Delicious Meals.
Locally sourced ingredients included whenever possible.

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

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