




May 2018

Hapeville Charter Career Academy

Breakfast Menu




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Cinnamon Raisin Bagel with Cream Cheese Hash Brown Casserole with Bacon	2 Whole Grain Turkey Pancake Stick with Syrup Strawberry Nutri Grain Bar with Yogurt	3 Whole Grain Ham and Cheese Biscuit with Jelly Whole Grain Blueberry Muffin with Yogurt	4 Cheesy Grits with Bacon and Whole Grain Toast Whole Grain French Toast with Syrup
	7 Hash Brown Triangles with Turkey Sausage Whole Grain Sausage, Egg, and Cheese Biscuit	8 Whole Grain Cherry Frudal Breakfast Bar Whole Grain Chocolate Chip Breakfast Bar	9 Whole Grain Turkey Pancake Sticks with Syrup Whole Grain Bacon, Egg and Cheese Biscuit with Jelly	10 Fresh Baked Banana Muffin with Yogurt Whole Grain Warm Chocolate Fudge Pop Tart
14 Whole Grain Waffles with Syrup and Chicken Patty Whole Grain Blueberry Muffin with Yogurt	15 Whole Grain French Toast with Syrup Whole Grain Nutri Grain Bar and Yogurt	16 Cheesy Grits with Bacon and Whole Grain Toast Whole Grain Cherry Frudal	17 Brown Sugar Oatmeal with Whole Grain Toast Hash Brown Triangles with Turkey Sausage Patty	18 Whole Grain Turkey Pancake Sticks with Syrup Whole Grain Chicken, Egg and Cheese Biscuit with Jelly
21 Whole Grain Chicken Biscuit with Jelly Cinnamon Roll with icing and Whole Grain Cereal	22 Cheesy Grits with Bacon and Whole Grain Toast Whole Grain Turkey Pancake Stick with Syrup	23 Whole Grain Chocolate Chip Muffin with Yogurt Whole Grain Strawberry Pop Tart	24 Whole Grain French Toast with Syrup Hash Brown Triangles with Turkey Sausage	25 No School!!! Have a great Summer!
28 	29	30	31	

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

***Steamed Vegetable Substitute for Toddler**

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**

May 2018	Childcare			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Sandwich Wheat, Egg, Milk Baby Carrots None Ranch Dip Milk, Egg Applesauce None EZ Jammers Soy, Wheat, Milk *Peas None	2 Hamburger None Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Apples None Gardenburger Soy, Wheat, Milk *Applesauce None	3 Pulled Chicken Wheat Baked Beans None Yogurt Milk Black Bean Bites Soy, Wheat, Milk	4 Chicken Quesadilla Milk, Wheat Salsa None Rice Milk Corn None Diced Pears None Bean & Cheese Quesadilla Wheat, Milk, Soy
7 Roasted Chicken Soy Lemon Rice Soy Lima Beans None Oranges None Eggplant w/ Cheese Soy, Wheat, Milk	8 Turkey Meatballs Soy, Wheat, Milk, Egg Spaghetti Soy, Wheat Garden Salad None Italian Dressing None Diced Peaches None Meatless Meatballs Wheat, Milk, Egg *Peas None	9 Chicken Strips Soy, Wheat, Egg, Milk Honey Mustard Egg Carrots None Ranch Dip Milk, Egg Applesauce None Boca Nuggets Soy, Wheat *Diced Carrots None	10 Spaghetti** Wheat Mozzarella Cheese Milk Breadstick Wheat Green Beans None Oranges None Spaghetti w/ Cheese Milk, Wheat	11 Bowtie Pasta Soy, Wheat Mixed Vegetables None Diced Pears None Roasted Veggie Sticks Soy, Wheat, Milk, Egg
14 Soft Taco Wheat Cheddar Cheese Milk Corn None Tropical Fruit None Bean and Cheese Burrito Wheat, Milk, Soy	15 Cheeseburger Mac** Wheat, Milk Roll Wheat Green Peas None Diced Peaches None Cheesy Shells Wheat, Milk	16 Chicken Soy, Wheat, Egg Bun Wheat BBQ Sauce None Baked Beans None Banana None Black Bean Sandwich Soy, Wheat, Milk	17 Pasta** Wheat, Milk Breadstick Wheat Mixed Vegetables None Strawberries None	18 Teriyaki Chicken Soy, Wheat Green Peas None Peaches & Pears None Vegetable Teriyaki Noodles Soy, Wheat
21 Chicken Alfredo** Milk, Wheat Green Beans None Diced Pears None Alfredo Pasta Wheat, Milk, Soy	22 Turkey Meatballs Soy, Wheat, Milk, Egg Bun Wheat Cheese Soy, Milk Garden Salad None Ranch Dressing Milk, Egg Applesauce None Meatless Meatball Sub Wheat, Milk, Egg *Diced Carrots None	23 Grilled Chicken Soy Bun Wheat Southwest Ranch Milk, Egg Green Peas None Oranges None Black Bean Sandwich Soy, Wheat, Milk	24 Chicken Nuggets Soy, Milk, Egg, Wheat Honey Mustard Egg Diced Carrots None Apples None Boca Nuggets Soy, Wheat *Applesauce None	25 Pizza Soy, Wheat, Milk Mixed Vegetables None Peaches None
28 	29 Beefy Macaroni Skillet** Wheat Mixed Vegetables None Applesauce None Garden Skillet Wheat, Milk	30 Soft Taco Wheat Cheddar Cheese Milk Lettuce None Corn None Diced Pears None Bean and Cheese Burrito Wheat, Milk, Soy	31 Hamburger None Bun Wheat Cheese Soy, Milk Mashed Potatoes Soy Banana None Gardenburger Soy, Wheat, Milk	

**** 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.