




May 2018

Hapeville Charter Career Academy

Grab n Go Menu




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Chocolate Chip Muffin and Yogurt	2 Whole Grain Cinnamon Toast Bar	3 Whole Grain Chicken Biscuit with Jelly	4 Whole Grain Strawberry Pop Tart
	7 Whole Grain Chocolate Chip Cereal Bar	8 Whole Grain Trix Breakfast Bar	9 Whole Grain Mini Muffins with Syrup	10 Whole Grain Bacon, Egg, and Cheese Biscuit with Jelly
14 Whole Grain Banana Muffins with Yogurt	15 Whole Grain Blueberry Pop Tart	16 Whole Grain Chicken Biscuit with Jelly	17 Whole Grain Trix Cereal Bar	18 Whole Grain Turkey Pancake Stick with Syrup
21 Whole Grain Blueberry Bagel with Cream Cheese	22 Whole Grain Chocolate Chip Muffin and Yogurt	23 Whole Grain Cinnamon Toast Bar	24 Whole Grain Chicken Biscuit with Jelly	25 Whole Grain Strawberry Pop Tart
28 	29	30	31	

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

V = Vegetarian Entrée Options

Milk Served with Lunch Daily

***Steamed Vegetable Substitute for Toddler**

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.