



Monday

Tuesday

Wednesday

Thursday

Friday



## Sizzle &amp; Main



Philly Cheesesteaks  
House Fried Potato Chips\*  
Steamed Peas & Carrots\*  
Caesar Salad\*

Fried Chicken Thighs  
Cheesy Cheddar Grits\*  
Roasted Zucchini & Squash\*  
Fresh Baked Biscuits

Oven Roasted Pork Loin\*  
Roasted Sweet Potatoes  
Collard Greens\*  
Corn on the Cobb\*

Orange Chicken  
Lo Mein Noodles  
Stir Fry Veggies\*  
Ginger Roasted Broccoli\*



## Balanced Bite



Baked Chicken  
Buttered Pasta  
Broccoli & Cheese

Tofu & Green Peas\*  
Steamed Broccoli\*  
Roasted Red Potatoes\*

Grilled Cheese Sandwiches  
House Fried Potato Chips\*  
Steamed Broccoli\*

**Noodle Bowl**  
Chicken, Tofu, Edamame,  
Broccoli, Carrots,  
Red Onions, Pepper Mix



## Simmer's Soup Stop



Potato & Sausage\*  
Asian Beef & Noodle Soup

Chicken Noodle Soup  
Corn Chowder

Chicken & Sausage Gumbo  
Vegetable Noodle Soup

Potato & Bacon Soup\*  
Broccoli & Cheddar



## Sprout Berry's Salads



Dill Pickle Chicken Salad\*  
Balsamic Potato Salad\*

Chopped Salad\*  
Tuna Salad\*

Blackened Chicken Salad\*  
Creamy Cajun Pasta Salad

Egg Salad\*  
Cobb Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



ChefAdvantage is committed to serving nutritious and delicious meals!

We use locally sourced ingredients whenever possible.

We do not use MSG, Trans Fats or High Fructose Corn Syrup  
Gluten Free Items \*



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## Sizzle &amp; Main



Pasta Bar with Meat Sauce &  
Alfredo Sauce  
Steamed Broccoli\*  
Caesar Salad\*  
Warm Garlic Bread

Crispy Chicken Sandwiches  
Waffle Fries\*  
Broccoli & Cheese  
Buttered Corn\*

Beef Enchiladas \*  
Cilantro Lime Rice  
Seasoned Pinto Beans\*  
Roasted Broccoli\*

Chicken & Waffles with  
Maple Syrup  
Herb Roasted Red Potatoes\*  
Honey Glazed Carrots\*



## Balanced Bite



Beef Empanadas  
Herb Roasted Potatoes\*  
Buttered Corn

Vegetable Lasagna\*  
Steamed Peas & Carrots\*  
White Rice

Hummus Bar  
Plain & Red Pepper Hummus\*  
Pita Chips, Carrots, & Celery

Chicken & Waffles with  
Maple Syrup  
Herb Roasted Red Potatoes\*  
Honey Glazed Carrots\*



## Simmer's Soup Stop



Beef & Lentil\*  
Butternut Squash Soup\*

Cheeseburger Soup  
Hearty Vegetable Soup\*

Black Bean Soup\*  
Chicken Tortilla Soup\*

Split Pea Soup with Ham\*  
Creamy Corn Chowder



## Sprout Berry's Salads



Apple Chicken Salad\*  
Cowboy Pasta Salad\*

BLT Pasta Salad  
Creamy Cole Slaw\*

Rainbow Bean Salad\*  
Southwestern Chopped Salad\*

BLT Pasta Salad  
Buffalo Chicken Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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Tuesday

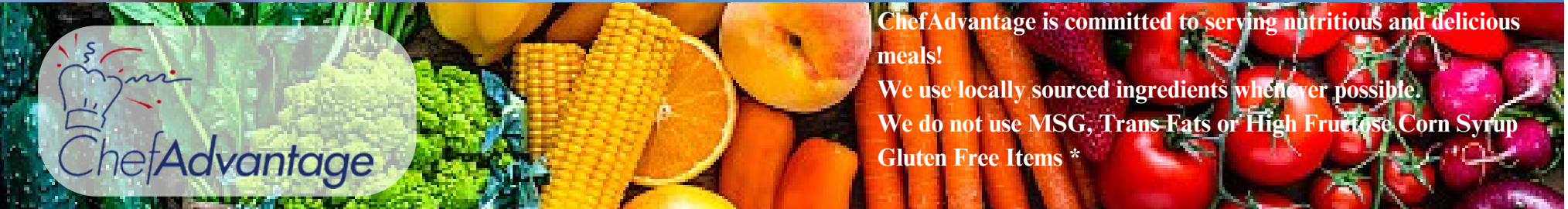
Wednesday

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# Fall Break!!!



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## Sizzle &amp; Main



Grilled Hamburgers  
Crinkle Cut Fries\*  
Broccoli & Cheese  
Confetti Corn\*

Pepper Beef\*  
Vegetable Fried Rice  
Ginger Broccoli\*  
Vegetable Spring Rolls

Home-Made Sloppy Joes  
Steak Cut French Fries  
BBQ Baked Beans  
Sautéed Green Beans

BBQ Chicken Wings\*  
Mashed Potatoes\*  
Sautéed Green Beans\*  
Buttered Corn\*

Crispy Chicken Nuggets  
Crinkle Cut Fries\*  
Steamed Peas & Carrots\*  
Sautéed Green Beans\*



## Balanced Bite



Baked Chicken\*  
Steamed Yellow Rice  
Warm Rolls

Grilled Cheese Sandwiches  
House Fried Potato Chips\*  
Peas & Carrots\*

Vegetarian Brunswick Stew  
Roasted Root Vegetables\*  
Steamed Rice

Sausage with Peppers &  
Onions  
Baked Beans  
Buttered Rolls

Marinated Tofu & Sweet  
Green Peas\*  
Cornmill Dusted Fried Okra\*  
Homemade Vegetable Lasagna



## Simmer's Soup Stop



White Chicken Chili  
Mushroom Soup

Beef Lentil Soup\*  
Broccoli Cheese Soup

Butternut Squash & Bacon\*  
Tomato Bisque\*

Chicken Noodle Soup  
Corn Chowder

Classic Chili  
Old Fashion Tomato Soup\*



## Sprout Berry's Salads



Taco Salad\*  
Pear Salad\*

Buffalo Chicken Pasta Salad  
Greek Salad\*

Pesto Pasta Salad  
Caprese Salad\*

Chicken Salad\*  
Bowtie Pasta with  
Green Peas & Ham

Big Mac Pasta Salad\*  
Chopped Salad\*

Sausage & Pepperoni Pizza  
Cheese Pizza  
Pepperoni Pizza  
Pizza Of the Day



**Salad Bar Includes:**  
Romaine Lettuce, Mixed Greens,  
Twelve Fresh Toppings, Two Composed Salads  
Assorted Salad Dressings



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## Sizzle &amp; Main



Hand-Breaded Chicken  
Tenders  
Crinkle Cut Fries\*  
BBQ Baked Beans  
Honey Glazed Carrots\*

Spaghetti & Meatballs  
Honey Carrots\*  
Steamed Broccoli\*  
Garlic Bread

Wing Wednesday  
Plain, Classic Buffalo,  
Teriyaki BBQ  
Crinkle Cut Fries\*  
Sautéed Green Peas\*

Herb Roasted Chicken  
Wings\*  
Garlic Mashed Potatoes\*  
Southern Style Biscuits  
Sautéed Green Beans\*

Spaghetti & Meatballs  
Steamed Broccoli\*  
Caesar Salad \*  
Warm Garlic Bread



## Balanced Bite



Roasted Chicken\*  
Buttered Noodles  
Mixed Vegetables\*

Vegan Chickpea Curry\*  
Peta Bread  
Steamed White Rice

Wing Wednesday  
Plain, Classic Buffalo,  
Teriyaki BBQ  
Crinkle Cut Fries\*  
Sautéed Green Beans\*

**Hummus Bar**  
Plain & Roasted Red Pepper  
Hummus, Carrots, Celery,  
Pita Chips, Broccoli

Sliced Ham\*  
Roasted Root Vegetables\*  
Fluffy Yellow Rice\*



## Simmer's Soup Stop



Chicken Noodle Soup  
Kale & Beans Soup\*

Split Pea & Ham Soup\*  
Vegetable Beef Soup\*

Beef & Lentil Soup\*  
Broccoli & Cheese Soup

Potato & Bacon Soup\*  
French Onion Soup\*

Beef Vegetable Soup\*  
Broccoli & Cheddar



## Sprout Berry's Salads



Pear Salad\*  
Greek Salad\*

Cucumber & Tomato Salad\*  
Mrs. Tabithia's Egg Salad\*

Old Fashion Pasta Salad  
Cucumber & Tomato Salad\*

Chicken & Apple Salad\*  
Cobb Salad\*

Caprese Salad  
Broccoli Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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