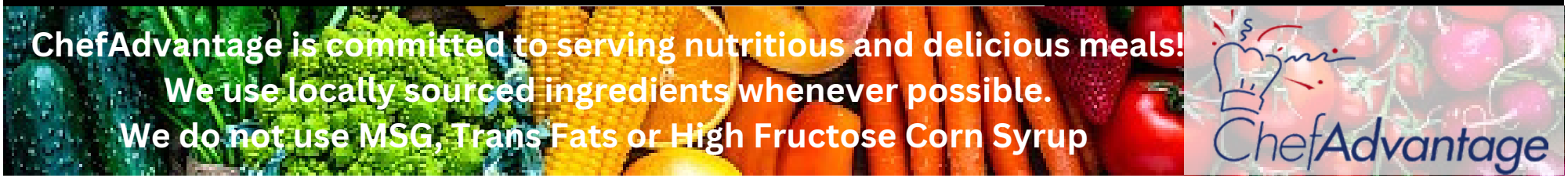
Lunch Menu — Mt. Juliet — November 30-December 4

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
KFC Bowl Mashed Potatoes, Crispy Chicken, Bacon, Buttered Corn, Shredded Cheese, Gravy & Ranch	**Nacho Grande Bar** Seasoned Beef or Chicken, Black Beans, Queso, Salsa, Sour Cream Honey Glazed Squash Mexican Street Corn	**Chef Sophia Loosier's Menu** Meat or Cheese Lasagna Roasted Asparagus Tossed Salad Garlic Knots Chocolate Cake with Chocolate Frosting	Cuban Sandwich (Roasted Pork, Ham, Swiss) Black Beans & Rice, Cuban Green Beans Sweet Potato Fries	Corn Dog BBQ Potato Chips Roasted Cauliflower Macaroni Salad
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				
ROSEMARY WILDS **Pepperoni Pizza** **or** **Cheese Pizza**		GORDON'S GRILL **Cheeseburgers** **Hamburgers** **Fried Chicken Sandwiches**	SPROUT BERRY'S SALAD & DELI **Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE**	



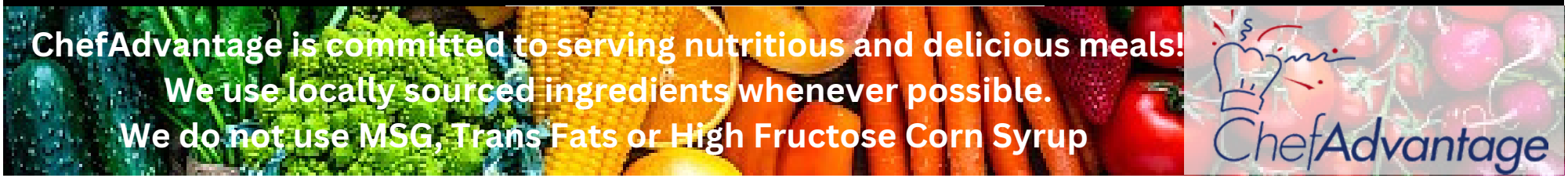
Lunch Menu — Mt. Juliet — December 7-11

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
BBQ Ranch Quinoa Bowl Roasted Chicken, Roasted Corn, Black Beans, Roasted Sweet Potatoes, Kale, BBQ Sauce, Ranch, Queso	Beef or Chicken Enchilada Casserole Street Corn Mexican Rice Chopped Salad	Cheese Ravioli with Marinara Sauce or Alfredo Spinach & White Beans Roasted Brussel Sprouts Garlic Knots	Pulled Pork Sliders Carrot Fries Baked Beans Coleslaw Mixed Green Salad	Chicken & Waffles Waffle Fries Peas & Carrots Roasted Asparagus BLT Salad
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				

Rosemary Wilds: Pepperoni Pizza or Cheese Pizza

Gordon's Grill: Cheeseburgers, Hamburgers, Fried Chicken Sandwiches

Sprout Berry's Salad & Deli: Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



Lunch Menu — Mt. Juliet — December 14-18

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Burrito Bowl Choice of Roasted Chicken, Pork or Ground Beef, White Rice, Black Beans, Chipotle Ranch, Pico de Gallo, Roasted Corn, Lettuce, Cheese, Green or Red Salsa	**Breakfast for Lunch** Scrambled Eggs, Pancakes, Bacon, Sausage, Home-fried Potatoes, Apple Compote	**CHEF's CHOICE** **TBD**	**CHEF's CHOICE** **TBD**	½ Day No Lunch
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				
Rosemary Wilds **Pepperoni Pizza or Cheese Pizza**		**Gordon's Grill** **Cheeseburgers** **Hamburgers** **Fried Chicken Sandwiches**		**Sprout Berry's Salad & Deli** **Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE**

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

ChefAdvantage

Lunch Menu — Mt. Juliet — December 21-25

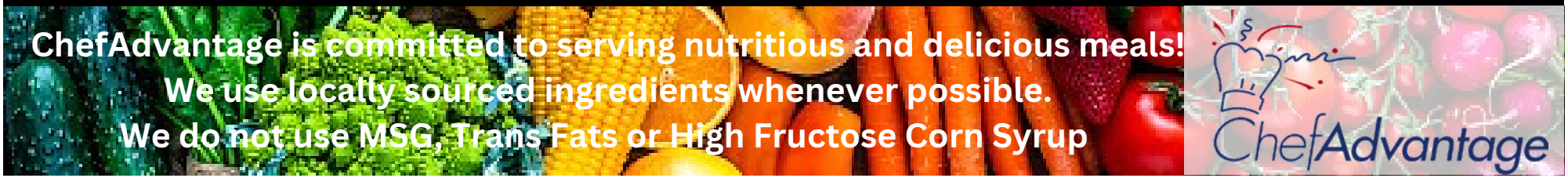
Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. HOT PANINI SANDWICHES NOW AVAILABLE!!!!!				
ROSEMARY WILDS Pepperoni Pizza or Cheese Pizza		GORDON'S GRILL Cheeseburgers Hamburgers Fried Chicken Sandwiches		SPROUT BERRY'S SALAD & DELI Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE

ChefAdvantage is committed to serving nutritious and delicious meals!
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ChefAdvantage

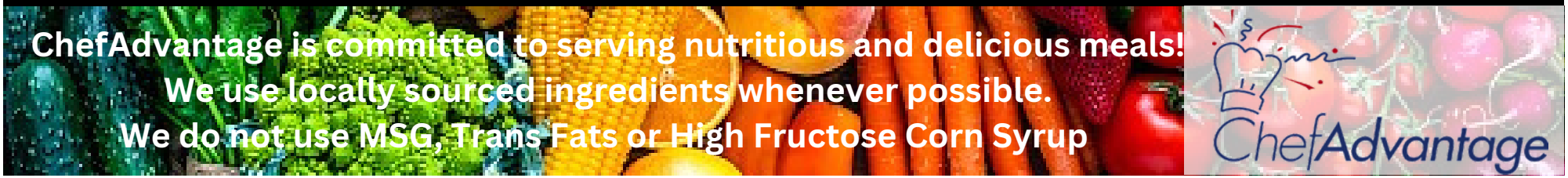
Lunch Menu — Mt. Juliet — December 28-January 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. HOT PANINI SANDWICHES NOW AVAILABLE!!!!!				
ROSEMARY WILDS Pepperoni Pizza or Cheese Pizza		GORDON'S GRILL Cheeseburgers Hamburgers Fried Chicken Sandwiches		SPROUT BERRY'S SALAD & DELI Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



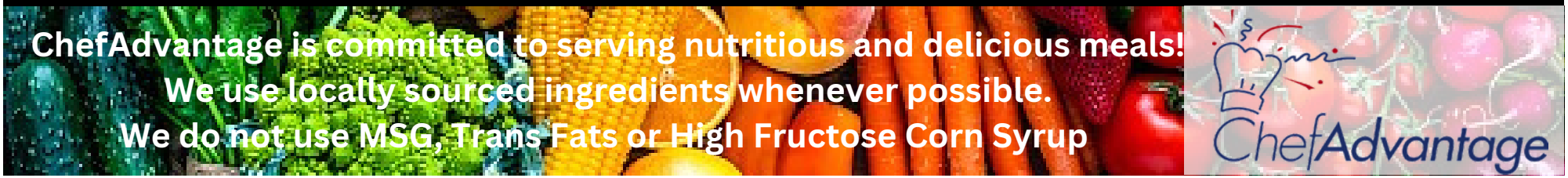
Lunch Menu — Mt. Juliet — January 4-8

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Teacher Day	**Taco Bowl** Seasoned Chicken or Beef, Black Beans, Corn, Rice, Lettuce, Chipotle Ranch, Pico de Gallo, Sour Cream	Fried Pork Chop Au Gratin Potatoes Southern Green Beans Glazed Carrots Applesauce	Crispy Chicken Bacon Ranch Wrap Homemade BBQ Chips Roasted Mixed Vegetables Mixed Green Salad	**Hot Dog Bar** Beef Hot Dog Chili, Cheese Sauce, Tomatoes, Onions, Relish, Pickles, Baked Beans, Bacon, Buttered Corn, Curly Fries
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				
ROSEMARY WILDS **Pepperoni Pizza or Cheese Pizza**		GORDON'S GRILL **Cheeseburgers** **Hamburgers** **Fried Chicken Sandwiches**	SPROUT BERRY'S SALAD & DELI **Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE**	



Lunch Menu — Mt. Juliet — January 11-15

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Chicken Alfredo Bowl Penne Pasta, Roasted Chicken, Steamed Broccoli Roasted Asparagus, Diced Tomatoes, Roasted Mushrooms Garlic Bread	Quesabirria (Braised Beef and Cheese Quesadilla) Charro Beans Mexican Rice Calabacitas	Fried Catfish Breaded Okra Hush Puppies Coleslaw Tomato Cucumber Salad	Hot Ham & Cheddar on a Pretzel Roll Mac & Cheese Bites Roasted Brussel Sprouts Apple Salad	**Tater Tot Bar** Roasted Chicken, Buffalo Chicken, BBQ Pork, Bacon, Broccoli, Cheese Sauce, Sour Cream, Green Onions
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				
ROSEMARY WILDS **Pepperoni Pizza or Cheese Pizza**		GORDON'S GRILL **Cheeseburgers** **Hamburgers** **Fried Chicken Sandwiches**	SPROUT BERRY'S SALAD & DELI **Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE**	



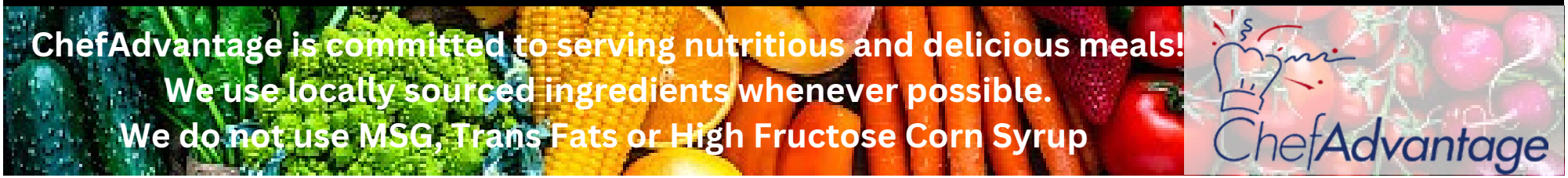
Lunch Menu — Mt. Juliet — January 18-22

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
MLK Day	Pork Carnitas Yellow Rice Black Bean and Corn Salsa Roasted Plantains Orange Salad	Fried Chicken Breast Mashed Potatoes Buttered Corn Creamy Spinach Baked Apples Dinner Roll	Italian Grinder (Salami, Ham, Pepperoni, Provolone, Banana Peppers,Italian Dressing) Garlic Potato Chips Roasted Italian Vegetables Watermelon Salad	**Mac & Cheese Bar** Roasted Chicken, Buffalo Chicken, BBQ Pork, Ham, Bacon, Broccoli, Peas
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				

Rosemary Wilds: Pepperoni Pizza or Cheese Pizza

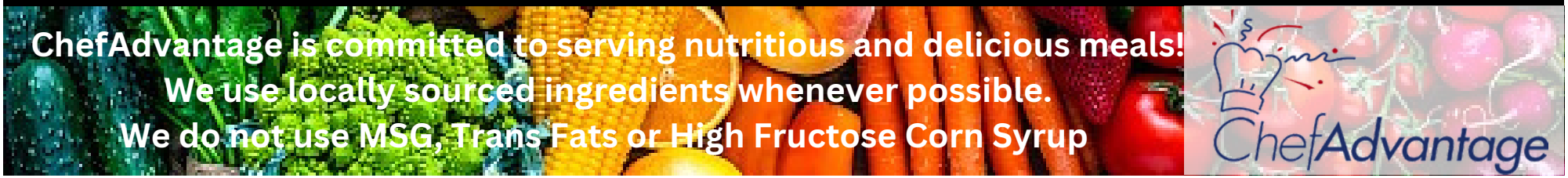
Gordon's Grill: Cheeseburgers, Hamburgers, Fried Chicken Sandwiches

Sprout Berry's Salad & Deli: Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



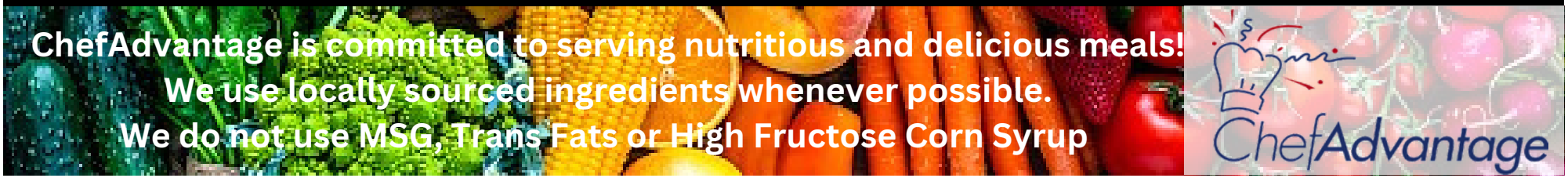
Lunch Menu — Mt. Juliet — January 25-29

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Teriyaki Chicken Bowl Steamed White Rice, Teriyaki Chicken, Steamed Broccoli, Julienne Carrots Edamame, Pineapple, Shredded Cabbage, Pickled Cucumbers	**Arepa Bar** Mojo Chicken, Pulled Pork, Roasted Plantains, Black Beans, Lettuce, Tomatoes, Pickled Onions, Queso Fresco	Pasta Pesto Primavera Garlic Spinach Tomato Mozzarella Salad Garlic Knots	Nashville Hot Chicken & Biscuit Hashbrown Casserole Corn Pudding Fried Okra Creamy Coleslaw	Roasted Turkey Mashed Potatoes Southern Green Beans Ms. Georgie's Zucchini Dressing Dinner Roll
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. **HOT PANINI SANDWICHES NOW AVAILABLE!!!!!**				
Rosemary Wilds: Pepperoni Pizza or Cheese Pizza		**Gordon's Grill:** Cheeseburgers, Hamburgers, Fried Chicken Sandwiches		**Sprout Berry's Salad & Deli:** Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



Lunch Menu — Mt. Juliet — November 23-27

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. HOT PANINI SANDWICHES NOW AVAILABLE!!!!!				
ROSEMARY WILDS Pepperoni Pizza or Cheese Pizza		GORDON'S GRILL Cheeseburgers Hamburgers Fried Chicken Sandwiches		SPROUT BERRY'S SALAD & DELI Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



Lunch Menu — Mt. Juliet — November 23-27

Monday	Tuesday	Wednesday	Thursday	Friday
Sizzle & Main				
Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving	Happy Thanksgiving
Balanced Bite Deli				
Made to Order Sandwiches & Wraps. HOT PANINI SANDWICHES NOW AVAILABLE!!!!!				
ROSEMARY WILDS Pepperoni Pizza or Cheese Pizza		GORDON'S GRILL Cheeseburgers Hamburgers Fried Chicken Sandwiches		SPROUT BERRY'S SALAD & DELI Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE

