

October
2026

Tapestry Public Charter School of DeKalb

Hot Lunch
Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

Spaghetti in Meat Sauce
Or: **Eggplant Parmesan**
with:

Breadstick
Mixed Vegetables
Steamed Peas
Diced Peaches

Pizza Fridays!

2

Hand-Tossed!
Turkey Pepperoni Pizza
Or: **Hand-Tossed! Cheese Pizza**
with:

Garden Salad
Ranch Dressing
Melon Mania Fruit Salad



5

6

7

8

9

SCHOOL CLOSED

12

Beef Taco Pasta
Or: **Cheesy Taco Pasta**
with:

Spinach Vegetable Medley
Steamed Peas
Cinnamon Applesauce

13

Mama Mia Marinara
Beef Meatball Sub
Or: **Meatless Meatball Sub**
with:

Shredded Cheese
Steamed Green Beans
Steam Corn
Whole Bananas

14

Cheese Pizza Dippers
with:

Marinara Sauce
Steamed Green Beans
Mandarin Oranges

15

Macho Beef Nachos
Or: **Bean & Cheese Nachos**
with:

Cheese Sauce
Salsa with Tortilla Chips
Pinto Beans
Diced Peaches

Pizza Fridays!

16

Hand-Tossed!
Turkey Pepperoni Pizza
Or: **Hand-Tossed! Cheese Pizza**
with:

Garden Salad
Ranch Dressing
Melon Mania Fruit Salad

19

Garlic Parmesan
Chicken Pasta
Or: **Cheesy Parmesan Pasta**
with:

Steamed Carrots
Steamed Peas
Gala Apple

20

All-American Hamburger
with: *Mac Sauce*
Or: **Gardenburger**
with:

Pickle Spears
Baked Beans
Diced Pineapple

21

Mojo Chicken and Rice
Or: **Creamy Parmesan**
Tofu & Rice

Spinach Vegetable Medley
Baby Carrots with
Ranch Dip
Diced Peaches

TOPSY-TURVY
BREAKFAST FOR LUNCH!

22

Whole Grain
French Toast Sticks
with **Turkey Sausage**
Or: **Vegetarian Sausage**
with:

Waffle Syrup
Breakfast Potatoes
100% Vegetable Juice
Fresh Pear

Pizza Fridays!

23

Hand-Tossed!
Turkey Pepperoni Pizza
Or: **Hand-Tossed! Cheese Pizza**
with:

Garden Salad
Italian Dressing
Tropical Fruit Salad

26

CHICKEN NUGGETS
Or: **Vegetarian Nuggets**
with:

Shredded Cheese
Baby Carrots with
Ranch Dip
Spinach Vegetable Medley
Diced Pineapple

27

BBQ Pulled Chicken
Sandwich
Or: **Gardenburger**
with:

Steamed Peas
Steamed Carrots
Mandarin Oranges

28

All-Beef Hot Dog
Or: **Meatless Meatball Sub**
with:

Celery Sticks with
Ranch Dip
Baked Beans
Watermelon Slices

29

Chicken Quesadilla
Or: **Bean & Cheese Burrito**
with:

Steamed Corn
Steamed Green Beans
Diced Peaches

Pizza Fridays!

30

Hand-Tossed!
Turkey Pepperoni Pizza
Or: **Hand-Tossed! Cheese Pizza**
with:

Garden Salad
Ranch Dressing
Melon Mania Fruit Salad

Milk is Included with Lunch
Daily Choose 1% White or Fat
Free Chocolate Milk

V = Vegetarian Entrée

Milk is Included with All Meals

Choose 1% White or Fat Free Chocolate Milk



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.

770-421-9550
www.ChefAdvantage.com

October
2026

Tapestry Public Charter School of DeKalb

Allergen List

Monday

Tuesday

Wednesday

Thursday

Friday

1

Spaghetti
Soy, Milk, Wheat
Breadstick Wheat, Soy
Mixed Vegetables None
Peas None
Peaches None
Eggplant Parmesan**
Egg, Wheat, Soy Milk

2

Turkey Pepperoni Pizza
Milk, Wheat, Soy
Garden Salad None
Ranch Soy, Egg, Milk
Fruit Salad None
Cheese Pizza**
Milk, Wheat Soy

5

6

7

8

9

SCHOOL CLOSED

12

Beef Taco Pasta
Wheat, Milk
Spinach Medley None
Peas None
Applesauce None
Cheesy Taco Pasta**
Wheat, Milk

13

Beef Meatball Sub
Wheat, Milk, Soy
Cheese Milk
Green Beans None
Corn None
Banana None
Meatless Meatball Sub**
Wheat, Egg, Milk

14

Cheese Pizza Dippers**
Wheat, Egg, Soy, Milk
Marinara Sauce None
Green Beans None
Oranges None

15

Macho Beef Nachos
Milk
Cheese Milk
Salsa None
Tortilla Chips None
Beans None
Peaches None
Bean and Cheese
Nachos**
Soy, Wheat, Milk

16

Turkey Pepperoni Pizza
Milk, Wheat, Soy
Garden Salad None
Ranch Soy, Egg, Milk
Fruit Salad None
Cheese Pizza**
Milk, Wheat Soy

19

Garlic Chicken Pasta
Milk, Wheat
Carrots None
Peas None
Apple None
Cheesy Parmesan
Pasta**
Milk, Wheat

20

Hamburger
Soy
Mac Sauce Egg, Soy
Pickles None
Beans None
Pineapple None
Gardenburger**
Soy, Wheat, Milk

21

Mojo Chicken and Rice
None
Spinach Medley None
Carrots None
Ranch Soy, Egg, Milk
Peaches None
Mojo Tofu & Rice**
Soy

22

French Toast Sticks
Egg, Milk, Soy, Wheat
Sausage None
Syrup None
Potatoes Soy
Juice None
Pear None
Vegetarian Sausage**
Wheat, Egg, Milk, Soy

23

Turkey Pepperoni Pizza
Milk, Wheat, Soy
Garden Salad None
Italian None
Fruit Salad None
Cheese Pizza**
Milk, Wheat Soy

26

Chicken Nuggets
Soy, Wheat, Milk
Cheese Milk
Carrots None
Ranch Egg, Milk, Soy
Spinach Medley None
Pineapple None
Vegetarian Nuggets**
Egg, Soy, Wheat

27

BBQ Pulled Chicken
Sandwich
Soy, Wheat
Peas None
Carrots None
Oranges None
Gardenburger**
Soy, Wheat, Milk

28

Hotdog
None
Bun Wheat
Celery None
Ranch Egg, Milk, Soy
Beans None
Watermelon None
Meatless Meatball Sub**
Wheat, Milk, Egg

29

Chicken Quesadilla
Wheat, Milk
Corn None
Green Beans None
Peaches None
Bean and Cheese
Nachos**
Soy, Wheat, Milk

30

Turkey Pepperoni Pizza
Milk, Wheat, Soy
Garden Salad None
Ranch Soy, Egg, Milk
Fruit Salad None
Cheese Pizza**
Milk, Wheat Soy

****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.

This institution is an equal opportunity provider