

September 2024

**ChefAdvantage**

Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> 	<p><b>3</b></p> <p><b>Breakfast:</b> Banana Bread Fruit Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Cheddar Cheese Stick</p>	<p><b>4</b></p> <p><b>Breakfast:</b> Whole Wheat Biscuit with Jelly Fresh Honeydew</p> <p><b>PM Snack:</b> Whole Wheat- Graham Quaker Squares Fruit Yogurt</p>	<p><b>5</b></p> <p><b>September is National Honey Month!</b></p> <p><b>Breakfast:</b> Mini Bagel with Cream Cheese Fruit Cup</p> <p><b>PM Snack:</b> <b>Honey Wheat Muffin</b> Fresh Pineapples</p> 	<p><b>6</b></p> <p><b>Breakfast:</b> Pear Bar Apple Wedges</p> <p><b>PM Snack:</b> Nutrigrain Bar Fruit Cup</p>
<p><b>9</b></p> <p><b>Breakfast:</b> Cereal Fruit Cup</p> <p><b>PM Snack:</b> Animal Crackers With Cheese Sticks</p>	<p><b>10</b></p> <p><b>Breakfast:</b> Pumpkin Bread Fruit Cup</p> <p><b>PM Snack:</b> Cranberry Orange Muffin Fresh Fruit</p>	<p><b>11</b></p> <p><b>Breakfast:</b> Cinnamon Bread Fresh Cantaloupe</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Soy butter Dip</p>	<p><b>12</b></p> <p><b>Breakfast:</b> Cereal Fruit Cup</p> <p><b>PM Snack:</b> Apple Scones Fruit Cup</p>	<p><b>13</b></p> <p><b>Breakfast:</b> Whole Wheat Biscuit with Jelly Fresh Strawberry</p> <p><b>PM Snack:</b> Whole Wheat Elf Graham Cookies With Cheese Stick</p>
<p><b>16</b></p> <p><b>Breakfast:</b> Cereal Fruit Yogurt</p> <p><b>PM Snack:</b> Cheddar Goldfish Fruit Cup</p>	<p><b>17</b></p> <p><b>Breakfast:</b> Banana Bread Fruit Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Cheddar Cheese Stick</p>	<p><b>18</b></p> <p><b>Breakfast:</b> Whole Wheat Biscuit with Jelly Fresh Honeydew</p> <p><b>PM Snack:</b> Whole Wheat- Graham Quaker Squares Fruit Yogurt</p>	<p><b>19</b></p> <p>Mini Bagel with Cream Cheese Fruit Cup</p> <p><b>PM Snack:</b> <b>Honey Wheat Muffin</b> Fresh Pineapples</p> 	<p><b>20</b></p> <p><b>Breakfast:</b> Pear Bar Apple Wedges</p> <p><b>PM Snack:</b> Nutrigrain Bar Fruit Cup</p>
<p><b>23</b></p> <p><b>Breakfast:</b> Cereal Fruit Cup</p> <p><b>PM Snack:</b> Animal Crackers With Cheese Sticks</p>	<p><b>24</b></p> <p><b>Breakfast:</b> Pumpkin Bread Fruit Cup</p> <p><b>PM Snack:</b> Cranberry Orange Muffin Fresh Fruit</p>	<p><b>25</b></p> <p><b>Breakfast:</b> Cinnamon Bread Fresh Cantaloupe</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Soy butter Dip</p>	<p><b>26</b></p> <p><b>Breakfast:</b> Cereal Fruit Cup</p> <p><b>PM Snack:</b> Apple Scones Fruit Cup</p>	<p><b>27</b></p> <p><b>Breakfast:</b> Whole Wheat Biscuit with Jelly Fresh Strawberry</p> <p><b>PM Snack:</b> Whole Wheat Elf Graham Cookies With Cheese Stick</p>

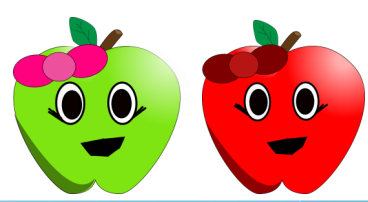
**30**

**Breakfast:**  
Cereal  
Fruit Yogurt

**PM Snack:**  
Cheddar Goldfish  
Fruit Cup



**Fun Honey Fact:** Did you know that it takes over 2 million flowers for bees to produce just ONE pound of honey?



We are committed to Healthy, Nutritious & 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](http://www.ChefAdvantage.com)

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>  <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Fruit <b>None</b> <b>PM Snack:</b> Animal Crackers <b>Wheat, Soy, Milk</b> +Cheese Sticks <b>Milk</b></p>	<p><b>3</b></p> <p><b>Breakfast:</b> Bread <b>Wheat, Milk, Egg, Soy</b> Fruit <b>None</b></p> <p><b>Pm Snack:</b> Crackers <b>Wheat, Soy</b> +Cheese Stick <b>Milk</b></p>	<p><b>4</b></p> <p><b>Breakfast:</b> Biscuit <b>Soy, Wheat, Milk</b> +Jelly <b>None</b> Honeydew <b>None</b></p> <p><b>PM Snack:</b> Crackers <b>Wheat, Soy</b> Yogurt <b>Milk</b></p>	<p><b>5</b></p> <p><b>Breakfast:</b> Mini Bagel <b>Wheat</b> + Cream Cheese <b>Milk</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Muffin <b>Eggs, Milk, Wheat</b> Peaches <b>None</b></p>	<p><b>6</b></p> <p><b>Breakfast:</b> Pear Bar <b>Wheat, Milk, Egg, Soy</b> Apples <b>None</b></p> <p><b>Pm Snack:</b> Nutrigrain Bar <b>Wheat, Soy, Milk</b> Fruit <b>None</b></p>
<p><b>9</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Fruit <b>None</b> <b>PM Snack:</b> Animal Crackers <b>Wheat, Soy, Milk</b> +Cheese Sticks <b>Milk</b></p>	<p><b>10</b></p> <p><b>Breakfast:</b> Bread <b>Egg, Milk, Wheat</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Muffin <b>Egg, Milk, Wheat</b> Apple <b>None</b></p>	<p><b>11</b></p> <p><b>Breakfast:</b> Bread <b>Egg, Milk, Wheat</b> Cantaloupe <b>None</b></p> <p><b>PM Snack:</b> Crackers <b>Wheat, Soy</b> +Cheese Sticks <b>None</b></p>	<p><b>12</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Apple Scones <b>Milk, Soy, Wheat</b> Fruit <b>None</b></p>	<p><b>13</b></p> <p><b>Breakfast:</b> Biscuit <b>Soy, Wheat, Milk</b> +Jelly <b>None</b> Peaches <b>None</b></p> <p><b>PM Snack:</b></p>
<p><b>16</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Yogurt <b>Milk</b> <b>PM Snack:</b> Crackers <b>Wheat, Soy</b> +Cheese Sticks <b>Milk</b></p>	<p><b>17</b></p> <p><b>Breakfast:</b> Bread <b>Egg, Milk, Wheat</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Crackers <b>Wheat, Soy</b> Sunbutter <b>None</b></p>	<p><b>18</b></p> <p><b>Breakfast:</b> Biscuit <b>Soy, Wheat, Milk</b> +Jelly <b>None</b> Honeydew <b>None</b></p> <p><b>PM Snack:</b> Crackers <b>Wheat, Soy</b> Yogurt <b>Milk</b></p>	<p><b>19</b></p> <p><b>Breakfast:</b> Mini Bagel <b>Wheat</b> + Cream Cheese <b>Milk</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Muffin <b>Eggs, Milk, Wheat</b></p>	<p><b>20</b></p> <p><b>Breakfast:</b> Pear Bar <b>Wheat, Milk, Egg, Soy</b> Apples <b>None</b></p> <p><b>Pm Snack:</b> Nutrigrain Bar <b>Wheat, Soy, Milk</b></p>
<p><b>23</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Animal Crackers <b>Wheat, Milk, Soy</b> Cheese Stick <b>Milk</b></p>	<p><b>24</b></p> <p><b>Breakfast:</b> Muffin <b>Egg, Milk, Wheat</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Muffin <b>Egg, Milk, Wheat</b> Apple <b>None</b></p>	<p><b>25</b></p> <p><b>Breakfast:</b> Cinnamon Bread <b>Wheat, Milk, Egg, Soy</b> Applesauce <b>None</b></p> <p><b>PM Snack:</b> Crackers <b>Wheat, Soy</b> + Cheese Stick <b>Milk</b> Oranges <b>None</b></p>	<p><b>26</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Fruit <b>None</b></p> <p><b>PM Snack:</b> Muffin <b>Eggs, Milk</b> Peaches <b>None</b></p>	<p><b>27</b></p> <p><b>Breakfast:</b> Apple Scones <b>Milk, Soy, Wheat</b> Pineapples <b>None</b></p> <p><b>PM Snack:</b> Sandwich Crackers</p>
<p><b>30</b></p> <p><b>Breakfast:</b> Cereal <b>Allergens on Package</b> Yogurt <b>Milk</b> <b>PM Snack:</b> Crackers <b>Wheat, Soy</b> Fruit Cup <b>None</b></p>				



This list is comprised of the most common allergens we chart, including egg, soy, 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. The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.