

October 2024

ChefAdvantage

Breakfast & Snack

Monday Tuesday Wednesday Thursday Friday



1
Breakfast:
Pumpkin Bread
Fruit Yogurt

PM Snack:
Graham Cookies
Fresh Strawberries

2
Breakfast:
Pear Bar
Apple Wedges

PM Snack:
Whole Wheat Crackers
Cheddar Cheese Stick

3
Breakfast:
Cereal
Fruit Cup

PM Snack:
Apple Scones
Orange Wedges

4
Breakfast:
Mini Bagel
w/Cream Cheese
Apple Wedges

PM Snack:
Whole Grain Cheeze-it
Crackers
Cheddar Cheese Sticks

7
Breakfast:
Cereal
Fruit Cup

PM Snack:
Cheddar Goldfish
Mozzarella Cheese
Sticks

8
Breakfast:
Banana Bread
Fruit Cup

PM Snack:
Whole Wheat Apple
Cinnamon Muffin
Fresh Cantaloupe

9
Breakfast:
Cinnamon Bread
Fruit Yogurt
PM Snack:
EZ Jammer Soy butter and
Jelly Sandwich

10
Breakfast:
Eggo Mini Waffle
Fruit Cup

PM Snack:
Blueberry Muffin
Fruit Yogurt

11
Breakfast:
Whole Wheat Biscuit
with Jelly
Fresh Pineapples

PM Snack:
Whole Wheat Crackers
Cheddar Cheese Stick

14
Breakfast:
Cereal
Fruit Cup

PM Snack:
Whole Wheat-
Animal Crackers
Diced Pears

15
Breakfast:
Pumpkin Bread
Fruit Yogurt

PM Snack:
Graham Cookies
Fresh Strawberries

16
Breakfast:
Pear Bar
Apple Wedges

PM Snack:
Whole Wheat Crackers
Cheddar Cheese Stick

17
Breakfast:
Cereal
Fruit Cup

PM Snack:
Apple Scones
Orange Wedges

18
Breakfast:
Mini Bagel with Cream
Cheese
Apple Wedges

PM Snack:
Whole Grain Cheeze-it
Crackers
Cheddar Cheese Sticks

21
Breakfast:
Cereal
Fruit Cup

PM Snack:
Cheddar Goldfish
Mozzarella Cheese
Sticks

22
Breakfast:
Banana Bread
Fruit Cup

PM Snack:
Whole Wheat Apple
Cinnamon Muffin
Fresh Cantaloupe

23
Breakfast:
Cinnamon Bread
Fruit Yogurt

PM Snack:
EZ Jammer Soy butter and
Jelly Sandwich

24
Breakfast:
Eggo Mini Waffle
Fruit Cup

PM Snack:
Blueberry Muffin
Fruit Yogurt

25
Breakfast:
Whole Wheat Biscuit
with Jelly
Fresh Pineapples

PM Snack:
Whole Wheat Crackers
Cheddar Cheese Stick

28
Breakfast:
Cereal
Fruit Cup

PM Snack:
Whole Wheat-
Animal Crackers
Diced Pears

29
Breakfast:
Pumpkin Bread
Fruit Yogurt

PM Snack:
Graham Cookies
Fresh Strawberries

30
Breakfast:
Pear Bar
Apple Wedges

PM Snack:
Whole Wheat Crackers
Cheddar Cheese Stick

31
Breakfast:
Cereal
Fruit Cup

PM Snack:
Apple Scones
Orange Wedges



V = Vegetarian Entrée Options

Milk is Included with All Meals

Choose 1% White or Fat Free Chocolate Milk

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

This institution is an equal opportunity provider.

