

Monday Tuesday Wednesday Thursday Friday



1 Tortilla roll up

4 Bagel with Cream Cheese

5 Mixed Fresh Fruit Cup

6 Cheese Cubes and Pretzels

7 Banana Chip Muffins

8 Hard boiled Egg Halves with Carrot Sticks

11 French Toast Sticks & syrup

12 Yogurt Parfait with Fresh Berries

13 Applesauce Cup with Graham Crackers

14 Cranberry Orange Muffins

15 Apple Slices and Wow Butter

18 Biscuit with Apple Butter

19 Snack Mix

20 Whole Wheat Goldfish Crackers

21 Apple Muffin

22 Turkey Face Rice Crispy Treat

25 English Muffin with Variety Jelly

26 Banana with Wow Butter



Milk and Water Served with Lunch

V = Vegetarian Entrée Options

Fresh Fruit is Available Every Day!

We are committed to Healthy, Nutritious & Delicious Meals. Locally sourced ingredients included whenever possible. No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes.

770-421-9550

www.ChefAdvantage.com

Monday

Tuesday

Wednesday

Thursday

Friday



<sup>1</sup> Tortilla roll up **W,M**

<sup>4</sup> Bagel **W**  
Cream Cheese **M**

<sup>5</sup> Mixed Fresh Fruit Cup **None**

<sup>6</sup> Cheese Cubes **M**  
Pretzels **W**

<sup>7</sup> Banana Chip Muffins **W,E,M**

<sup>8</sup> Hard boiled Egg Halves with Carrot Sticks **None**

<sup>11</sup> French Toast Sticks & Syrup **W,E**

<sup>12</sup> Yogurt Parfait **M**  
Fresh Berries **None**

<sup>13</sup> Applesauce Cup **None**  
Graham Crackers **W**

<sup>14</sup> Cranberry Orange Muffins **W,E,M**

<sup>15</sup> Apple Slices **None**  
Wow Butter **S**

<sup>18</sup> Biscuit **W,M**  
Apple Butter **None**

<sup>19</sup> Snack Mix **W,M**

<sup>20</sup> Whole Wheat Goldfish Crackers **W,M**

<sup>21</sup> Apple Muffin **WE,M**

<sup>22</sup> Rice Crispy Treat **W,E**

<sup>25</sup> English Muffin **W**  
Variety Jelly **None**

<sup>26</sup> Banana with Wow Butter **None**



**ALLERGEN KEY:**

- Soy = S
- Wheat = W
- Egg = E
- Milk = M
- Fish = F

This list is comprised of the most common allergens we chart, including **eggs, soy, fish, 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