

Monday      Tuesday      Wednesday      Thursday      Friday



**1**  
**Breakfast:**  
 Zucchini Bread  
 Diced Fruit  
**PM Snack:**  
 Cranberry Muffin  
 Melon Mango

**2**  
**Breakfast:**  
 Biscuit with Jelly  
 Diced Fruit  
**Snack:**  
 Whole Wheat Cheez-It  
 Crackers  
 Cheddar Cheese Square

**5**  
**Breakfast:**  
 Cereal  
 Diced Fruit  
**PM Snack:**  
 EZ Jammers Soybutter  
 and Jelly Sandwich

**7**  
**Breakfast:**  
 Mini Bagels  
 With Cream Cheese  
 Diced Fruit  
**PM Snack:**  
 Roasted Red Pepper  
 Hummus with Pita !!!!

**8**  
**Breakfast:**  
 Fresh Baked  
 Cinnamon Roll  
 Diced Fruit  
**PM Snack:**  
 Blueberry Muffin  
 Diced Cantaloupe

**9**  
**Breakfast:**  
 English Muffin  
 With Jelly  
 Diced Fruit  
**PM Snack:**  
 Cheddar Goldfish  
 Applesauce Cup

**12**  
**Breakfast:**  
 Cereal  
 Diced fruit  
**PM Snack:**  
 Graham Crackers with  
 Sunbutter Dip

**13**  
**Breakfast:**  
 Banana Bread  
 Diced Fruit  
**PM Snack:**  
 Apple Scone  
 Diced Pineapple

**14**  
**Breakfast:**  
 Nutri Grain Bar  
 Applesauce Cup  
**PM Snack:**  
 Whole Wheat Crackers  
 Fruit Yogurt Cup

**15**  
**Breakfast:**  
 Zucchini Bread  
 Diced Fruit  
**PM Snack:**  
 Cranberry Muffin  
 Melon Mango

**16**  
**Breakfast:**  
 Biscuit with Jelly  
 Diced Fruit  
**Snack:**  
 Whole Wheat Cheez-It  
 Crackers  
 Cheddar Cheese Square

**19**  
**Breakfast:**  
 Cereal  
 Diced Fruit  
**PM Snack:**  
 EZ Jammers Soybutter  
 and Jelly Sandwich

**20**  
**Breakfast:**  
 Pumpkin Bread  
 Fruit Yogurt Cup  
**PM Snack:**  
 Bug Bites  
 Diced Honeydew

**21**  
**Breakfast:**  
 Mini Bagels  
 With Cream Cheese  
 Diced Fruit  
**PM Snack:**  
 Roasted Red Pepper  
 Hummus with Pita !!!!

**22**  
**Breakfast:**  
 Fresh Baked  
 Cinnamon Roll  
 Diced Fruit  
**PM Snack:**  
 Blueberry Muffin  
 Diced Cantaloupe

**23**  
**Breakfast:**  
 English Muffin  
 With Jelly  
 Diced Fruit  
**PM Snack:**  
 Cheddar Goldfish  
 Applesauce Cup



**27**  
**Breakfast:**  
 Banana Bread  
 Diced Fruit  
**PM Snack:**  
 Apple Scone  
 Diced Pineapple

**28**  
**Breakfast:**  
 Nutri Grain Bar  
 Applesauce Cup  
**PM Snack:**  
 Whole Wheat Crackers  
 Fruit Yogurt Cup

**29**  
**Breakfast:**  
 Zucchini Bread  
 Diced Fruit  
**PM Snack:**  
 Cranberry Muffin  
 Melon Mango

**30**  
**Breakfast:**  
 Biscuit with Jelly  
 Diced Fruit  
**Snack:**  
 Whole Wheat Cheez-It  
 Crackers  
 Cheddar Cheese Square



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.

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>5</b> Breakfast: Cereal <b>Allergens on Package</b> Fruit <b>None</b> PM Snack: EZ Jammers <b>Soy, Wheat, Milk</b></p>	<p><b>6</b> Breakfast: Pumpkin Bread <b>Wheat, Milk, Egg</b> Yogurt Cup <b>Milk</b> PM Snack: Bug Bites <b>Wheat, Soy</b> Honeydew <b>None</b></p>	<p><b>7</b> Breakfast: Mini Bagels <b>Wheat</b> Cream Cheese <b>Milk</b> Fruit <b>None</b> PM Snack: Hummus <b>None</b> Pita <b>Wheat, Soy</b></p>	<p><b>1</b> Breakfast: Zucchini Bread <b>Wheat, Milk, Egg</b> Fruit <b>None</b> PM Snack: Cranberry Muffin Mango <b>Soy, Wheat, Milk, Egg</b> <b>None</b></p>	<p><b>2</b> Breakfast: Biscuit <b>Soy, Wheat, Milk</b> Jelly <b>None</b> Fruit <b>None</b> Snack: Cheez-It Crackers <b>Milk, Soy, Wheat</b> Cheese <b>Milk</b></p>
<p><b>12</b> Breakfast: Cereal <b>Allergens on Package</b> Fruit <b>None</b> PM Snack: Graham Crackers <b>Wheat</b> Sunbutter Dip <b>None</b></p>	<p><b>13</b> Breakfast: Banana Bread <b>Wheat, Milk, Egg</b> Fruit <b>None</b> PM Snack: Apple Scone <b>Milk, Soy, Wheat</b> Pineapple <b>None</b></p>	<p><b>14</b> Breakfast: Nutri Grain Bar <b>Wheat, Soy, Milk</b> Applesauce <b>None</b> PM Snack: Whole Wheat Crackers <b>Wheat, Soy</b> Yogurt Cup <b>Milk</b></p>	<p><b>8</b> Breakfast: Cinnamon Roll <b>Wheat, Egg</b> Fruit <b>None</b> PM Snack: Blueberry Muffin Cantaloupe <b>Soy, Wheat, Milk, Egg</b> <b>None</b></p>	<p><b>9</b> Breakfast: English Muffin <b>Wheat, Soy</b> Jelly <b>None</b> Fruit <b>None</b> PM Snack: Cheddar Goldfish <b>Wheat, Milk</b> Applesauce <b>None</b></p>
<p><b>19</b> Breakfast: Cereal <b>Allergens on Package</b> Fruit <b>None</b> PM Snack: EZ Jammers <b>Soy, Wheat, Milk</b></p>	<p><b>20</b> Breakfast: Pumpkin Bread <b>Wheat, Milk, Egg</b> Yogurt Cup <b>Milk</b> PM Snack: Bug Bites <b>Wheat, Soy</b> Honeydew <b>None</b></p>	<p><b>21</b> Breakfast: Mini Bagels <b>Wheat</b> Cream Cheese <b>Milk</b> Fruit <b>None</b> PM Snack: Hummus <b>None</b> Pita <b>Wheat, Soy</b></p>	<p><b>15</b> Breakfast: Zucchini Bread <b>Wheat, Milk, Egg</b> Fruit <b>None</b> PM Snack: Cranberry Muffin Mango <b>Soy, Wheat, Milk, Egg</b> <b>None</b></p>	<p><b>16</b> Breakfast: Biscuit <b>Soy, Wheat, Milk</b> Jelly <b>None</b> Fruit <b>None</b> Snack: Cheez-It Crackers <b>Milk, Soy, Wheat</b> Cheese <b>Milk</b></p>
	<p><b>27</b> Breakfast: Banana Bread <b>Wheat, Milk, Egg</b> Fruit <b>None</b> PM Snack: Apple Scone <b>Milk, Soy, Wheat</b> Pineapple <b>None</b></p>	<p><b>28</b> Breakfast: Nutri Grain Bar <b>Wheat, Soy, Milk</b> Applesauce <b>None</b> PM Snack: Whole Wheat Crackers <b>Wheat, Soy</b> Yogurt Cup <b>Milk</b></p>	<p><b>22</b> Breakfast: Cinnamon Roll <b>Wheat, Egg</b> Fruit <b>None</b> PM Snack: Blueberry Muffin Cantaloupe <b>Soy, Wheat, Milk, Egg</b> <b>None</b></p>	<p><b>23</b> Breakfast: English Muffin <b>Wheat, Soy</b> Jelly <b>None</b> Fruit <b>None</b> PM Snack: Cheddar Goldfish <b>Wheat, Milk</b> Applesauce <b>None</b></p>
<p><b>29</b> Breakfast: Zucchini Bread <b>Wheat, Milk, Egg</b> Fruit <b>None</b> PM Snack: Cranberry Muffin Mango <b>Soy, Wheat, Milk, Egg</b> <b>None</b></p>	<p><b>30</b> Breakfast: Biscuit <b>Soy, Wheat, Milk</b> Jelly <b>None</b> Fruit <b>None</b> Snack: Cheez-It Crackers <b>Milk, Soy, Wheat</b> Cheese <b>Milk</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.