

December 2018		Mt. Elizabeth			Snack Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> <b>Breakfast:</b> Rice Krispies Applesauce Cup	<b>4</b> <b>Breakfast:</b> Whole Wheat Cinnamon Roll Mandarin Oranges	<b>5</b> <b>Breakfast:</b> Mini Whole Wheat Maple Pancake Diced Fruit Cup	<b>6</b> <b>Breakfast:</b> Whole Wheat Bagel with Cream Cheese Strawberry Applesauce	<b>7</b> <b>Breakfast:</b> Cheerios Cereal Fruit Yogurt Cup Diced Peaches	
<b>10</b> <b>Breakfast:</b> Corn Flakes Diced Fruit Cup	<b>11</b> <b>Breakfast:</b> Whole Wheat Blueberry Muffin Strawberry Applesauce	<b>12</b> <b>Breakfast:</b> Fruity Yogurt Cup with Nut-Free Granola Diced Pears	<b>13</b> <b>Breakfast:</b> Whole Wheat Biscuit With Jelly Diced Pineapple	<b>14</b> <b>Breakfast:</b> Cheerios Cereal Fruit Yogurt Cup Applesauce Cup	
<b>17</b> <b>Breakfast:</b> Rice Krispies Applesauce Cup	<b>18</b> <b>Breakfast:</b> Whole Wheat Cinnamon Roll Mandarin Oranges	<b>19</b> <b>Breakfast:</b> Mini Whole Wheat Maple Pancake Diced Fruit Cup	<b>20</b> <b>Breakfast:</b> Whole Wheat Bagel with Cream Cheese Diced Peaches	<b>21</b> <b>Breakfast:</b> Cheerios Cereal Fruit Yogurt Cup Strawberry Applesauce	

*happy holidays*

<b>31</b> <b>Breakfast:</b> Rice Krispies Applesauce Cup
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<b>26</b> <b>Breakfast:</b> Fruity Yogurt Cup with Nut-Free Granola Diced Pineapple	<b>27</b> <b>Breakfast:</b> Whole Wheat Biscuit With Jelly Diced Pears	<b>28</b> <b>Breakfast:</b> Cheerios Cereal Fruit Yogurt Cup Applesauce Cup
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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.

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<b>3</b> Rice Krispies Fruit <b>None</b> <b>None</b>	<b>4</b> Cinnamon Roll Fruit <b>Egg, Milk, Soy, Wheat</b> <b>None</b>	<b>5</b> Pancake Fruit <b>Egg, Milk, Wheat</b> <b>None</b>	<b>6</b> Bagel Cream Cheese Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>	<b>7</b> Cheerios Yogurt Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>
<b>10</b> Corn Flakes Fruit <b>Soy, Wheat</b> <b>None</b>	<b>11</b> <b>Breakfast:</b> Muffin Fruit <b>Egg, Milk, Soy, Wheat</b> <b>None</b>	<b>12</b> Fruity Yogurt Granola Fruit <b>Milk</b> <b>None</b> <b>None</b>	<b>13</b> Biscuit Jelly Fruit <b>Soy, Wheat, Milk</b> <b>None</b> <b>None</b>	<b>14</b> Cheerios Yogurt Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>
<b>17</b> Rice Krispies Fruit <b>None</b> <b>None</b>	<b>18</b> Cinnamon Roll Fruit <b>Egg, Milk, Soy, Wheat</b> <b>None</b>	<b>19</b> Pancake Fruit <b>Egg, Milk, Wheat</b> <b>None</b>	<b>20</b> Bagel Cream Cheese Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>	<b>21</b> Cheerios Yogurt Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>

happy holidays

		<b>26</b> Fruity Yogurt Granola Fruit <b>Milk</b> <b>None</b> <b>None</b>	<b>27</b> Biscuit Jelly Fruit <b>Soy, Wheat, Milk</b> <b>None</b> <b>None</b>	<b>28</b> Cheerios Yogurt Fruit <b>Wheat</b> <b>Milk</b> <b>None</b>
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<b>31</b> Rice Krispies Fruit <b>None</b> <b>None</b>
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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.