

Monday

Tuesday

Wednesday

Thursday

Friday



HAPPY NEW YEAR

2**Breakfast:**

Mini Whole Wheat
Maple Pancake
Diced Fruit Cup

3**Breakfast:**

Whole Wheat Bagel
with Cream Cheese
Strawberry Applesauce

4**Breakfast:**

Cheerios Cereal
Fruit Yogurt Cup
Diced Peaches

7**Breakfast:**

Corn Flakes
Diced Fruit Cup

8**Breakfast:**

Whole Wheat
Blueberry Muffin
Strawberry Applesauce

9**Breakfast:**

Fruity Yogurt Cup with
Nut-Free Granola
Diced Pears

10**Breakfast:**

Whole Wheat Biscuit
With Jelly
Diced Pineapple

11**Breakfast:**

Cheerios Cereal
Fruit Yogurt Cup
Applesauce Cup

14**Breakfast:**

Rice Krispies
Applesauce Cup

15**Breakfast:**

Whole Wheat
Cinnamon Roll
Diced Fruit Cup

16**Breakfast:**

Mini Whole Wheat
Maple Pancake
Mandarin Oranges

17**Breakfast:**

Whole Wheat Bagel
with Cream Cheese
Diced Peaches

18**Breakfast:**

Cheerios Cereal
Fruit Yogurt Cup
Strawberry Applesauce

21**Breakfast:**

Corn Flakes
Diced Fruit Cup

22**Breakfast:**

Whole Wheat
Blueberry Muffin
Strawberry Applesauce

23**Breakfast:**

Fruity Yogurt Cup with
Nut-Free Granola
Diced Pears

24**Breakfast:**

Whole Wheat Biscuit
With Jelly
Diced Pineapple

25**Breakfast:**

Cheerios Cereal
Fruit Yogurt Cup
Applesauce Cup

28**Breakfast:**

Rice Krispies
Applesauce Cup

29**Breakfast:**

Whole Wheat
Cinnamon Roll
Mandarin Oranges

30**Breakfast:**

Mini Whole Wheat
Maple Pancake
Diced Fruit Cup

31**Breakfast:**

Whole Wheat Bagel
with Cream Cheese
Diced Peaches



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.

770-421-9550

www.ChefAdvantage.com

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Pancake Egg, Milk, Wheat Fruit None	3 Bagel Cream Cheese Fruit Wheat Milk None	4 Cheerios Yogurt Fruit Wheat Milk None
		7 Corn Flakes Fruit Soy, Wheat None	8 Breakfast: Muffin Egg, Milk, Soy, Wheat Fruit None	9 Fruity Yogurt Granola Fruit Milk None None
14 Rice Krispies Fruit None None	15 Cinnamon Roll Fruit Egg, Milk, Soy, Wheat None	16 Pancake Fruit Egg, Milk, Wheat None	17 Bagel Cream Cheese Fruit Wheat Milk None	18 Cheerios Yogurt Fruit Wheat Milk None
21 Corn Flakes Fruit Soy, Wheat None	22 Breakfast: Muffin Egg, Milk, Soy, Wheat Fruit None	23 Fruity Yogurt Granola Fruit Milk None None	24 Biscuit Jelly Fruit Soy, Wheat, Milk None None	25 Cheerios Yogurt Fruit Wheat Milk None
28 Rice Krispies Fruit None None	29 Cinnamon Roll Fruit Egg, Milk, Soy, Wheat None	30 Pancake Fruit Egg, Milk, Wheat None	31 Bagel Cream Cheese Fruit Wheat Milk None	

****All Pasta Products are Processed in a Facility that Uses Egg****

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.