

August 2023	ChefAdvantage			Breakfast/Snack
Monday	Tuesday	Wednesday	Thursday	Friday
			3 Breakfast: Sausage Biscuit and Gravy OR Assorted Muffin PM Snack: Pretzel Goldfish	4 Breakfast: Whole Grain Pop Tart OR Bacon And Eggs PM Snack: Animal Crackers
7 Breakfast Assorted Cereal OR Warm Muffins PM Snack: Baked Cheetos 100% Fruit Juice	8 Breakfast: Shrimp & Cheese Grits OR Pancake and Chicken Sausage PM Snack: Graham Cracker Bites 100% Fruit Juice	9 Breakfast: Waffles OR Fruity Yogurt Cup with Nut-Free Granola Fresh Banana PM Snack: Warm Muffins	10 Breakfast: French Toast Sticks OR Warm Flavored Oatmeal PM Snack: Hazelnut Nutella with Whole Wheat Breadstick	11 Breakfast: Sausage Link, Eggs OR Cinnamon Rolls PM Snack: Goldfish Crackers 100% Fruit Juice
14 Breakfast: Sausage, Egg, Cheese Croissant OR Bacon, Egg, Cheese Croissant PM Snack: Cheese Crackers	15 Breakfast: Fish and Grits OR Cinnamon Roll PM Snack: Hummus And Pita 100% Fruit Juice	16 Breakfast: Assorted Cereal OR Biscuits and Gravy PM Snack: Yogurt Cup with Graham Crackers 100% Fruit Juice	17 Breakfast: Whole Grain Pop tart OR Whole Grain Bagel With cream cheese PM Snack: Pretzel Goldfish	18 Breakfast: Breakfast sampler OR Belgian Waffles PM Snack: Cheese its 100% Fruit Juice
21 Breakfast: Chicken Biscuit OR Sausage Biscuit PM Snack: Sun Chips 100% Fruit Juice	22 Breakfast: Breakfast Burrito OR French Toast Stick PM Snack: Animal Crackers 100% Fruit Juice	23 Breakfast: Assorted Cereal OR Roasted Potato and Chorizo Hash PM Snack: Yogurt Cup with Graham Crackers 100% Fruit Juice	24 Breakfast: Pancake on a Stick OR Chicken Biscuit with Jelly PM Snack: Sun Chips 100% Fruit Juice	25 Breakfast: French Toast Bites OR Warm Flavored Oatmeal PM Snack: Saltine Crackers and Cheese Sticks 100% Fruit Juice
28 Breakfast: Sausage Biscuit and Gravy OR Assorted Muffin PM Snack: Pretzel Goldfish 100% Fruit Juice	29 Breakfast: Assorted Cereal OR Warm Muffins PM Snack: Baked Cheetos 100% Fruit Juice	30 Breakfast: Chicken and Waffles OR Pancake PM Snack: Chips and Salsa 100% Fruit Juice	31 Breakfast: Sausage Link, Eggs OR Cinnamon Rolls PM Snack: Goldfish Crackers 100% Fruit Juice	

2021	ChefAdvantage			Allergen List
Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinnamon Toaster Cereal Milk, Soy, Wheat Peaches Fruit Juice None PM Snack: Cheez-it Milk, Soy, Wheat Fruit Juice None	3 Muffin Egg, Wheat, Milk, Soy Orange Applesauce None PM Snack: Pretzels Wheat Mozzarella Milk Fruit Juice None	4 Scone Egg, Wheat, Milk, Soy Banana Craisins None PM Snack: Fritos None Fruit Juice None	5 Cinnamon Toaster Cereal Milk, Soy, Wheat Apple Fruit Juice None PM Snack: Chex Mix Wheat Fruit Juice None	6 French Toast Egg, Milk, Soy, Wheat Fresh Fruit Craisins None PM Snack: Goldfish Wheat, Milk, Soy Fruit Juice None
9 Honey Grahams Milk, Soy, Wheat Pineapple Fruit Juice None PM Snack: Sun chips Wheat Fruit Juice None	10 Cinnamon Roll Egg, Milk, Soy, Wheat Apple Applesauce None PM Snack: Popcorn Milk Fruit Juice None	11 Pancake Egg, Milk, Wheat Banana Fruit Juice None PM Snack: Fruity Yogurt Milk Graham Crackers Wheat, Soy Fruit Juice None	12 Muffin Egg, Wheat, Milk, Soy Orange Fruit Juice None PM Snack: Pretzel Goldfish Wheat, Milk Fruit Juice None	13 Pop Tarts Soy, Wheat Fruit Raisins None PM Snack: Animal Wheat, Soy Fruit Juice None
16 Cheerios None Orange None Fruit Juice None PM Snack: Cheez-it Milk, Soy, Wheat Fruit Juice None	17 Muffin Egg, Wheat, Milk, Soy Orange Applesauce None PM Snack: Pretzels Wheat Mozzarella Milk Fruit Juice None	18 Muffin Egg, Wheat, Milk, Soy Apple Fruit Juice None PM Snack: Fritos None Fruit Juice None	19 French Toast Egg, Milk, Soy, Wheat Banana Fruit Juice None PM Snack: Chex Mix Wheat Fruit Juice None	20 Banana Bread Egg, Wheat, Milk, Soy Fruit Craisins None PM Snack: Goldfish Wheat, Milk, Soy Fruit Juice None
23 Pop Tarts Soy, Wheat Pears Fruit Juice None PM Snack: Sun chips Wheat Fruit Juice None	24 Mini Cinnis Milk, Wheat Orange Applesauce None PM Snack: Popcorn Milk Fruit Juice None	25 Multigrain Milk, Soy, Wheat Banana Craisins None PM Snack: Fruity Yogurt Milk Graham Crackers Wheat, Soy Fruit Juice None	26 Frudel Milk, Wheat Apple Fruit Juice None PM Snack: Pretzel Goldfish Wheat, Milk Fruit Juice None	27 Biscuit Milk, Soy, Wheat Jelly Fruit Raisins None PM Snack: Animal Wheat, Soy Fruit Juice None

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.

ChefAdvantage does not include the Soy allergen when Soybean Oil is present. 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.