

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>2</b></p> <p><b>Breakfast:</b> Mini Bagel with Strawberry Cream Cheese Applesauce Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Diced Turkey</p>	<p><b>3</b></p> <p><b>Breakfast:</b> Corn Flakes Cereal Banana Half</p> <p><b>PM Snack:</b> Yogurt with Whole Wheat Graham Crackers</p>
<p><b>6</b></p> <p><b>Breakfast:</b> Rice Krispies Applesauce Cup</p> <p><b>PM Snack:</b> Whole Wheat Animal Crackers Yogurt Cup</p>	<p><b>7</b></p> <p><b>Breakfast:</b> Whole Wheat Mini Cinnamon Waffles Raisins</p> <p><b>PM Snack:</b> Soft Pretzel with Honey Mustard Diced Fruit Cup</p>	<p><b>8</b></p> <p><b>Breakfast:</b> Whole Grain Apple Cinnamon Muffin Diced Peaches</p> <p><b>PM Snack:</b> Baby Carrots with Hummus</p>	<p><b>9</b></p> <p><b>Breakfast:</b> Mini Bagels with Cream Cheese Yogurt Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Cheddar Cheese Stick</p>	<p><b>10</b></p> <p><b>Breakfast:</b> Whole Grain Apple Cinnamon Cheerios Banana Half</p> <p><b>PM Snack:</b> Corn Muffin Fresh Apple Slices</p>
<p><b>13</b></p> <p><b>Breakfast:</b> Whole Grain Cheerios Diced Fruit Cup</p> <p><b>PM Snack:</b> Nilla Wafers Applesauce</p>	<p><b>14</b></p> <p><b>Breakfast:</b> Mini Whole Wheat Maple Pancake Diced Pineapple</p> <p><b>PM Snack:</b> Cheddar Goldfish Banana Half</p>	<p><b>15</b></p> <p><b>Breakfast:</b> Biscuit with Jelly Mandarin Oranges</p> <p><b>PM Snack:</b> Wheat Graham Crackers and Sunbutter Dip</p>	<p><b>16</b></p> <p><b>Breakfast:</b> Whole Wheat Blueberry Muffin Applesauce Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Diced Turkey</p>	<p><b>17</b></p> <p><b>Breakfast:</b> Rice Krispies Cereal Banana Half</p> <p><b>PM Snack:</b> Whole Wheat Animal Crackers with Yogurt</p>
<p><b>20</b></p> <p><b>Breakfast:</b> Corn Flakes Applesauce Cup</p> <p><b>PM Snack:</b> Whole Wheat Cheez-it Crackers Raisins</p>	<p><b>21</b></p> <p><b>Breakfast:</b> Cinnamon Raisin Bagel with Cream Cheese Diced Peaches</p> <p><b>PM Snack:</b> EZ Jammer Soybutter and Jelly Sandwich</p>	<p><b>22</b></p> <p><b>Breakfast:</b> English Muffin with Jelly Mandarin Oranges</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Diced Turkey Ham</p>	<p><b>23</b></p> <p><b>Breakfast:</b> Whole Wheat Banana Muffin Yogurt Cup</p> <p><b>PM Snack:</b> Baby Carrots with Ranch Dip Diced Fruit Cup</p>	<p><b>24</b></p> <p><b>Breakfast:</b> Whole Grain Cheerios Cereal Banana Half</p> <p><b>PM Snack:</b> Mozzarella Cheese Stick Fresh Apple Slices</p>
<p><b>27</b></p> <p><b>Breakfast:</b> Whole Grain Apple Cinnamon Cheerios Diced Fruit Cup</p> <p><b>PM Snack:</b> Breadstick with Marinara Dipping Sauce</p>	<p><b>28</b></p> <p><b>Breakfast:</b> Biscuit with Jelly Mandarin Oranges</p> <p><b>PM Snack:</b> Whole Wheat Elf Grahams Applesauce</p>	<p><b>29</b></p> <p><b>Breakfast:</b> Whole Wheat Apple Cinnamon Muffin Diced Pineapple</p> <p><b>PM Snack:</b> Colby Jack Cheese Stick Diced Peaches</p>	<p><b>30</b></p> <p><b>Breakfast:</b> Mini Bagel with Strawberry Cream Cheese Applesauce Cup</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Diced Turkey</p>	<p><b>31</b></p> <p><b>Breakfast:</b> Corn Flakes Cereal Banana Half</p> <p><b>PM Snack:</b> Yogurt with Whole Wheat Graham Crackers</p>

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

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January 2019	ChefAdvantage			Allergens
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>2</b> Bagel <b>Wheat</b> Cream Cheese <b>Milk</b>  Crackers <b>Wheat, Soy</b> Turkey <b>None</b>	<b>3</b> Corn Flakes <b>Soy, Wheat</b>  Yogurt <b>Milk</b> Graham Crackers <b>Wheat, Soy</b>
<b>6</b> Rice Krispies <b>None</b>  Animal Crackers <b>Wheat, Soy</b> Yogurt <b>Milk</b>	<b>7</b> Cinnamon Waffles <b>Egg, Milk, Soy, Wheat</b>  Pretzel <b>Wheat</b> Honey Mustard <b>Egg</b>	<b>8</b> Muffin <b>Egg, Milk, Soy, Wheat</b>  Carrots <b>None</b> Hummus <b>Sesame</b>	<b>9</b> Bagel <b>Wheat</b> Cream Cheese <b>Milk</b> Yogurt <b>Milk</b>  Crackers <b>Wheat, Soy</b> Cheese <b>Milk</b>	<b>10</b> Cheerios <b>Wheat</b>  Corn Muffin <b>Wheat, Egg</b> Apple Slices <b>None</b>
<b>13</b> Cheerios <b>Wheat</b>  Vanilla Wafers <b>Wheat, Milk, Egg</b> Applesauce <b>None</b>	<b>14</b> Pancake <b>Egg, Milk, Wheat</b>  Goldfish <b>Wheat, Milk</b>	<b>15</b> Biscuit <b>Soy, Wheat, Milk</b> Jelly <b>None</b>  Graham Crackers <b>Wheat, Soy</b> Sunbutter <b>None</b>	<b>16</b> Muffin <b>Egg, Milk, Soy, Wheat</b>  Crackers <b>Wheat, Soy</b> Turkey <b>None</b>	<b>17</b> Rice Krispies <b>None</b>  Animal Crackers <b>Wheat, Soy</b> Yogurt <b>Milk</b>
<b>20</b> Corn Flakes <b>Soy, Wheat</b>  Cheez-its <b>Wheat, Soy, Milk</b>	<b>21</b> Bagel <b>Wheat</b> Cream Cheese <b>Milk</b>  EzJammer <b>Soy, Wheat, Milk</b>	<b>22</b> English Muffin <b>Wheat</b> Jelly <b>None</b>  Crackers <b>Wheat, Soy</b> Turkey Ham <b>None</b>	<b>23</b> Muffin <b>Egg, Milk, Soy, Wheat</b> Yogurt <b>Milk</b> Carrots <b>None</b> Ranch <b>Egg, Milk</b>	<b>24</b> Cheerios <b>Wheat</b>  Cheese <b>Milk</b>
<b>27</b> Cheerios <b>Wheat</b> Breadstick <b>Wheat</b> Marinara <b>None</b>	<b>28</b> Biscuit <b>Soy, Wheat, Milk</b> Jelly <b>None</b>  Elf Graham <b>Soy, Wheat</b>	<b>29</b> Muffin <b>Egg, Milk, Soy, Wheat</b>  Cheese <b>Milk</b>	<b>30</b> Bagel <b>Wheat</b> Cream Cheese <b>Milk</b>  Crackers <b>Wheat, Soy</b> Turkey <b>None</b>	<b>31</b> Corn Flakes <b>Soy, Wheat</b>  Yogurt <b>Milk</b> Graham Crackers <b>Wheat, Soy</b>

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