

Monday

Tuesday

Wednesday

Thursday

Friday



Chef Advantage

1
AM Snack:
 Cinnamon Bread

PM Snack:
 Goldfish Pretzels



5
AM Snack:
 Cheesy Omelet

PM Snack:
 Fresh Apple
 and Crackers

6
AM Snack:
 Whole Wheat Muffin

PM Snack:
 Cheese Slices and
 Crackers

7
AM Snack:
 Cereal*

PM Snack:
 Whole Banana
 and Crackers

8
AM Snack:
 Banana Bread

PM Snack:
 Bug Bites

11
AM Snack:
 Cereal*

PM Snack:
 Cheez-its

12
AM Snack:
 Yogurt Cup with
 Homemade Granola

PM Snack:
 Fresh Orange
 and Crackers

13
AM Snack:
 Mini Bagel
 with Cream Cheese

PM Snack:
 Chewy Granola Bars

14
AM Snack:
 Cereal*

PM Snack:
 Fresh Strawberries
 and Crackers

15
AM Snack:
 Whole Wheat Biscuit
 with Fruit Jelly

PM Snack:
 Ritz Bits

18
AM Snack:
 Cereal*

PM Snack:
 Pirate's Booty

19
AM Snack:
 Whole Grain French
 Toast Sticks with
 Syrup

PM Snack:
 Fresh Apple
 and Crackers

20
AM Snack:
 Mini Bagel
 with Cream Cheese

PM Snack:
 Pretzels

21
AM Snack:
 Cereal*

PM Snack:
 Whole Banana
 and Crackers

22
AM Snack:
 Cinnamon Bread

PM Snack:
 Veggie Straws

25
AM Snack:
 Cereal*

PM Snack:
 Graham Cracker
 Snacks

26
AM Snack:
 Cheesy Omelet

PM Snack:
 Fresh Apple
 and Crackers

27
AM Snack:
 Whole Wheat Muffin

PM Snack:
 Pop Chips

28
AM Snack:
 Cereal*

PM Snack:
 Whole Banana
 and Crackers

29
AM Snack:
 Banana Bread

PM Snack:
 Annie's Bunny Grahams

**Whole Milk is Served to Children
 Under Two Years Of Age.
 Low Fat (1%) Milk is Served to Children
 Two Years of Age and Older**

**Milk is Served with Morning
 Snack and Lunch Daily
 Juice is Served with Afternoon Snack
 when Fresh Fruit is not Available
 Water is Served Throughout the Day
 A Variety of Crackers are Served
 * = Meals Served by Wieuca Day School**

Monday	Tuesday	Wednesday	Thursday	Friday
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1
AM Snack:
 Cinnamon Bread
Wheat, Milk, Egg, Soy

	5 AM Snack: Omelet Milk, Egg PM Snack: Fresh Fruit None	6 AM Snack: Muffin Wheat, Milk, Egg, Soy	7 PM Snack: Fresh Fruit None	8 AM Snack: Banana Bread Wheat, Milk, Egg, Soy
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12 AM Snack: Mini Bagels Cream Cheese Soy, Wheat Milk PM Snack: Fresh Fruit None	13 AM Snack: Yogurt Cup Granola Milk Soy	14 PM Snack: Fresh Fruit None	15 AM Snack: Biscuit Jelly Milk, Wheat None
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19 AM Snack: French Toast Wheat, Milk, Egg, Soy PM Snack: Fresh Fruit None	20 AM Snack: Mini Bagels Cream Cheese Soy, Wheat Milk	21 PM Snack: Fresh Fruit None	22 AM Snack: Cinnamon Bread Wheat, Milk, Egg, Soy
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26 AM Snack: Omelet Milk, Egg PM Snack: Fresh Fruit None	27 AM Snack: Muffin Wheat, Milk, Egg, Soy	28 PM Snack: Fresh Fruit None	29 AM Snack: Banana Bread Wheat, Milk, Egg, Soy
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This list is comprised of the most common allergens we chart, including eggs, soy product, 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.