

Monday	Tuesday	Wednesday	Thursday	Friday
		5 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	6 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	7 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
10 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	11 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	12 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	13 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	14 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
17 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	18 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	19 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	20 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	21 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
24 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	25 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	26 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	27 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	28 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
31 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	Whenever possible, meats are antibiotic- and hormone-free Milk is rBGH/rBST-free Mondays are all-vegetarian menus	*** a la carte pricing *** Milk (1% or nonfat chocolate) \$.50 Juice (apple or orange) \$.50 Fresh Fruit (4 oz serving) \$.50 Cereal \$1	ANCS supports local food ANCS Gardens Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm Jackson Park Farm at MJHS The Turnip Truck Georgia Organics	"The USDA is an equal opportunity provider and employer" Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored) All grain products are whole-grain rich Student meals at ANCS fit the USDA national school breakfast program meal pattern