

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	2 Scrambled Eggs & Cheese Grits Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	3 Turkey Sausage Patty, Scrambled Egg, & Buttermilk Biscuit Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	4 French Toast Sticks with Maple Syrup Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	5 Scrambled Eggs, Sweet Potato- Gingerbread Muffin & Apple Butter Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk
8 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	9 Scrambled Eggs & Cheese Grits Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	10 Turkey Sausage Patty, Scrambled Egg, & Buttermilk Biscuit Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	11 French Toast Sticks with Maple Syrup Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	12 Mid-Winter Break
15 Mid-Winter Break	16 Mid-Winter Break	17 Turkey Sausage Patty, Scrambled Egg, & Buttermilk Biscuit Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	18 French Toast Sticks with Maple Syrup Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	19 Scrambled Eggs, Sweet Potato- Gingerbread Muffin & Apple Butter Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk
22 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	23 Scrambled Eggs & Cheese Grits Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	24 Turkey Sausage Patty, Scrambled Egg, & Buttermilk Biscuit Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	25 French Toast Sticks with Maple Syrup Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk	26 Scrambled Eggs, Sweet Potato- Gingerbread Muffin & Apple Butter Or Assorted Cereal  Fresh Fruit Apple Juice or Orange Juice Milk
29 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	ANCS uses no nut products in breakfast or lunch items.  Mondays are all-vegetarian menus.	All milk is 1% (unflavored) or nonfat (flavored). All meals are served with milk unless excepted by doctor's note.  Milk is rBGH/rBST-free.  Lactaid is available on request at the Elementary Campus	Breakfast ends 5 minutes before the start of school. Please ensure your student is on campus in time if you intend for them to eat at ANCS.	Student meals at ANCS fit the USDA national school breakfast program meal pattern.  "The USDA is an equal opportunity provider and employer"