ANCS Breakfast

October

2015

Monday	Tuesday	Wednesday	Thursday	Friday
ANCS uses no nut products in breakfast or lunch items. Mondays are all-vegetarian menus.	Student meals at ANCS fit the USDA national school breakfast program meal pattern. "The USDA is an equal opportunity provider and employer"	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	1 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	2 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
5 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	6 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	7 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	8 Teacher Work Day	9 Fall Break
12 Fall Break	13 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	14 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	15 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	16 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
19 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	20 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	21 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	22 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	23 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
26 Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	27 Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	28 Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	29 French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	30 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk