

Monday	Tuesday	Wednesday	Thursday	Friday
		Turkey Cuban Sandwiches {Black Bean Burger} German Potato Salad Carrot Sticks with Ranch Strawberry Fool Milk	Jerk Chicken Leg {Jerk Tofu} Peas and Rice Plantains Fruit Milk	Chilaquiles (Enchilada Casserole) Mexican Kale Salad Pinto Beans Fruit Milk
Grilled Cheese Sandwich Tomato Soup Green Salad Fruit Milk	Meatloaf {Mushroom Loaf} Collard Greens Mac and Cheese Fruit Milk	Breakfast for Lunch French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk	Broccoli and Cheese Soup Carrot sticks with Ranch Black Eyed Pea Salad Whole Wheat Roll Fruit Milk	BBQ Chicken Leg {BBQ Tofu} Carrots Sugar Snap Peas Whole wheat roll Fruit Milk
Southern-Style Veg Plate Collard greens, Mac and Cheese, Candied Yams, Succotash, Pickled Beets, Whole Wheat Roll Fruit Milk	Egg Drop Soup {Miso Soup} Veggie Fried Rice Edamame Salad with Ginger Dressing Fruit Milk	Pepperoni Pizza {Cheese Pizza} Green Salad Carrot Sticks with Ranch Fruit Milk	Chicken Teriyaki {Teriyaki Tofu} Mixed Vegetables Brown Rice Fruit Milk	Pulled Pork Sandwich {Black Bean Burger} German Potato Salad Cole slaw Fruit Milk
Veggie Chili w/ Sour Cream & Cheddar Cornbread Green salad Fruit Milk	Chili Nachos w/Cheese {Nachos w/Cheese and Pinto Beans} Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Corn Salad with Chilies and Lime Fruit Milk	Jambalaya with Chicken and Chicken Andouille Sausage {Red Beans and Rice} Collard Greens Candied Yams Fruit Milk	Penne with Bolognese Meat Sauce {Penne with Marinara} Broccoli Lentil Salad Fruit Milk	
<p>Mondays are all-vegetarian menus.</p> <p>On other days, if meat is served, vegetarian entree is in {curly brackets}</p> <p>Fruit and Vegetable side dishes are available in addition to salad bar at no charge</p>	<p>Whenever possible, meats are antibiotic- and hormone-free</p> <p>Milk is rBGH-free</p>	<p>*** a la carte pricing ***</p> <p>Milk (1% or nonfat chocolate) \$.50 Juice (apple or orange) \$.50 Fresh Fruit (4 oz serving) \$.50 Adult Meal (includes iced tea or coffee) \$5</p>	<p>ANCS supports local food ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm AtlantaFresh Yogurt The Turnip Truck Georgia Organics</p>	<p>"The USDA is an equal opportunity provider and employer"</p> <p>Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored) All grain products are whole-grain rich</p>