

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">5</p> <p><b>Turkey Cuban Sandwiches {Black Bean Burger}</b> German Potato Salad Carrot Sticks with Ranch Fruit</p> <p style="text-align: right;">Milk</p>	<p style="text-align: right;">6</p> <p><b>Indian Vegetable Plate</b> Navratan Korma (mixed veggie curry) Chana Masala (spicy chickpeas) Cucumber Raita Brown Rice Fruit Milk</p>	<p style="text-align: right;">7</p> <p><b>Porchetta (Roast Pork Shoulder with Garlic and Rosemary) {Eggplant Parmesan}</b> Green Beans Whole Wheat Focaccia Bread Fruit Milk</p>
<p style="text-align: right;">10</p> <p><b>Grilled Cheese Sandwich</b> Tomato Soup Green Salad Fruit Milk</p>	<p style="text-align: right;">11</p> <p><b>BBQ Chicken Leg {BBQ Tofu}</b> Carrots Mixed Bean Salad Whole wheat roll Fruit Milk</p>	<p style="text-align: right;">12</p> <p><b>Veggie Fried Rice</b> Cucumber Salad with Chile Oil Broccoli with Ginger and Scallions Fruit Milk</p>	<p style="text-align: right;">13</p> <p><b>Meatloaf {Mushroom Loaf}</b> Collard Greens Mac and Cheese Fruit Milk</p>	<p style="text-align: right;">14</p> <p><b>Jerk Chicken Leg {Jerk Patty}</b> Peas and Rice Plantains Fruit Milk</p>
<p style="text-align: right;">17</p> <p><b>Southern-Style Veg Plate</b> Collard greens, Mac and Cheese, Candied Yams, Field Peas, Pickled Beets, Whole Wheat Roll Fruit Milk</p>	<p style="text-align: right;">18</p> <p><b>TACO TUESDAY Hard Shell Beef Tacos {Veggie Chorizo Tacos}</b> Black Beans Jicama Salad Fruit Milk</p>	<p style="text-align: right;">19</p> <p><b>Pulled Pork Sandwich {Black Bean Burger}</b> German Potato Salad Cole Slaw Fruit Milk</p>	<p style="text-align: right;">20</p> <p><b>Veggie Lasagna</b> Roast Cauliflower Salad Caesar Salad Garlic Bread Fruit Milk</p>	<p style="text-align: right;">21</p> <p><b>Chili Nachos w/Cheese {Nachos w/Cheese and Pinto Beans}</b> Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Corn Salad with Chilies and Lime Fruit Milk</p>
<p style="text-align: right;">24</p> <p><b>Veggie Chili w/ Sour Cream &amp; Cheddar</b> Cornbread Broccoli Lentil Salad Fruit Milk</p>	<p style="text-align: right;">25</p> <p><b>Salmon with Curry Sauce {Roasted Curry Tofu}</b> Quinoa Salad Buttered Cabbage Whole Wheat Roll Fruit Milk</p>	<p style="text-align: right;">26</p> <p><b>Chicken Salad Sandwich {Egg Salad Sandwich}</b> Succotash Carrot Sticks with Ranch Fruit Milk</p>	<p style="text-align: right;">27</p> <p><b>Penne with Bolognese Meat Sauce {Penne with Marinara}</b> Green Salad with Sunflower Seeds Whole Wheat Roll Fruit Milk</p>	<p style="text-align: right;">28</p> <p><b>Chicken Teriyaki {Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk</p>
<p style="text-align: right;">31</p> <p><b>Breakfast for Lunch</b> French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk</p>	<p><b>Whenever possible, meats are antibiotic- and hormone-free</b></p> <p><b>Milk is rBGH/rBST-free</b></p> <p><b>Mondays are all-vegetarian menus</b></p> <p><b>On other days, if meat is served, vegetarian entree is in {curly brackets}</b></p> <p><b>Fruit and Vegetable side dishes are available in addition to salad bar at no charge</b></p>	<p><b>*** a la carte pricing ***</b></p> <p><b>Milk (1% or nonfat chocolate) \$.50</b> <b>Juice (apple or orange) \$.50</b> <b>Fresh Fruit (4 oz serving) \$.50</b> <b>Adult Meal (includes iced tea or coffee) \$5</b></p>	<p><b>ANCS supports local food</b> ANCS Gardens Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm Jackson Park Farm at MJHS The Turnip Truck Georgia Organics</p>	<p><b>"The USDA is an equal opportunity provider and employer"</b></p> <p><b>Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored)</b></p> <p><b>All grain products are whole-grain rich</b></p> <p><b>Student meals at ANCS fit the USDA school lunch program meal pattern</b></p>