

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Grilled Cheese Sandwich Tomato Soup Green Salad Fruit Milk</p>	<p>2</p> <p>TACO TUESDAY with FOOD AND CULTURE AGP Barbacoa (Slow-Cooked Lamb Shoulder) {Veggie Chorizo y Papas (Spicy Tofu Sausage & Potato)} Frijoles Negros -- Black Beans Salpicón – Cabbage, Radish, and Chile Salad with Lime Fruit Milk</p>	<p>3</p> <p>Turkey Cuban Sandwiches {Black Bean Burger} Black Beans and Yellow Rice Carrot Sticks with Ranch Fruit Milk</p>	<p>4</p> <p>Butternut Squash Soup with Sage Southern Style Potato Salad Cheese Toast Fruit Milk</p>	<p>5</p> <p>Chicken Teriyaki {Teriyaki Tofu} Mixed Vegetables Brown Rice Fruit Milk</p>
<p>8</p> <p>MEATLESS MONDAY Southern Style Vegetable Plate Collard Greens, Sweet Potatoes, Black Eyed Peas, Mac and Cheese, Buttermilk Biscuit Fruit Milk</p>	<p>9</p> <p>Jerk Chicken Leg {Jerk Burger} Plantains Rice and Peas Curried Cabbage Fruit Milk</p>	<p>10</p> <p>Veggie Lasagna Caesar Salad Garlic Bread Fruit Milk</p>	<p>11</p> <p>Pasta with Bolognese Meat Sauce {Pasta w/ Mushroom Bolognese} Green Salad Focaccia Fruit Milk</p>	<p>12</p> <p>Mid-Winter Break</p>
<p>15</p> <p>Mid-Winter Break</p>	<p>16</p> <p>Mid-Winter Break</p>	<p>17</p> <p>Grilled Cheese Sandwich Tomato Soup Green Salad Fruit Milk</p>	<p>18</p> <p>Meatloaf {Mushroom Loaf} Black Eyed Peas Carrots Whole Wheat Roll Fruit Milk</p>	<p>19</p> <p>Salmon with Citrus-Miso Glaze {Tofu with Citrus-Miso Glaze} Edamame Cucumber Salad Brown Rice Fruit Milk</p>
<p>22</p> <p>Veggie Chili Cornbread Green Salad Fruit Milk</p>	<p>23</p> <p>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</p>	<p>24</p> <p>8th Humanities & Black History Month: African Roots of Southern Cuisine</p>	<p>25</p> <p>Cheese Pizza Greek Salad Fruit Milk</p>	<p>26</p> <p>BBQ Chicken Leg {BBQ Tofu} Sweet Potatoes Pinto Beans Brown Rice Fruit Milk</p>
<p>29</p> <p>Veggie Fried Rice Broccoli with Ginger and Scallions Cucumber Salad Fruit Milk</p>	<p>ANCS uses no nut products in breakfast or lunch items.</p> <p>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</p> <p>Salad (either Chef's Salad or Mediterranean Vegetable Salad) is available as an entree choice for students in grades 4-8.</p>	<p>ANCS supports local food !!! <i>Local ingredients from the following have been served this school year:</i> ANCS Gardens * Gum Creek Farm * Crystal Organic Farm * Oxford Farm * The Turnip Truck * Whippoorwill Hollow Organic Farm * Riverview Farms * Geezer's Garden * Anson Mills * White Oak Pastures</p> <p>ANCS is a member of Georgia Organics</p>	<p>All milk is 1% (unflavored) or nonfat chocolate.</p> <p>Lactaid nonfat milk is available on request at the elementary campus.</p> <p>All meals are served with milk unless excepted by doctor's note.</p> <p>Milk is rBGH/rBST-free.</p>	<p>Student meals at ANCS fit the USDA school lunch program meal pattern.</p> <p>"The USDA is an equal opportunity provider and employer"</p>

