

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MEATLESS MONDAY 2</p> <p>Grilled Cheese Sandwich Tomato Soup Green Salad Fruit Milk</p>	<p>3</p> <p>Chicken Teriyaki {Teriyaki Tofu} Mixed Vegetables Brown Rice Fruit Milk</p>	<p>4</p> <p>Meatloaf {Mushroom Loaf} Carrots White Beans Whole Wheat Roll Fruit Milk</p>	<p>5</p> <p>Veggie Lasagna Caesar Salad Focaccia Fruit Milk</p>	<p>Elementary Campus Field Day 6</p> <p>EC: Sack Lunch Turkey or Veggie Sub Sandwich, Carrots with Ranch, Apple, Milk</p> <p>MC: Jerk Chicken Leg or {Jerk Burger} Plantains, Rice and Peas, Curried Cabbage, Fruit, Milk</p>
<p>MEATLESS MONDAY 9</p> <p>Veggie Chili Cornbread Green Salad Fruit Milk</p>	<p>10</p> <p>Salmon with Miso & Citrus {Tofu with Miso & Citrus} Edamame Cucumber Salad Brown Rice Fruit Milk</p>	<p>11</p> <p>Pasta e Fagioli (Italian Bean and Pasta Soup) Carrots with Ranch Dressing Focaccia Fruit Milk</p>	<p>12</p> <p>Brunswick Stew {Black Bean Soup} Sweet Potatoes Cornbread Fruit Milk</p>	<p>13</p> <p>BBQ Chicken Leg {BBQ Tofu} Tater Tots Collard Greens Brown Rice Fruit Milk</p>
<p>MEATLESS MONDAY 16</p> <p>Veggie Fried Rice Broccoli with Ginger and Scallions Cucumber Salad Fruit Milk</p>	<p>TACO TUESDAY 17</p> <p>Chorizo y Papas (Turkey Chorizo with Potatoes) {Tostada with Pinto Beans, Queso Fresco and Avocado} Frijoles Negros – Black Beans Salpicón – Cabbage, Radish, and Chile Salad with Lime Fruit Milk</p>	<p>18</p> <p>Pasta with Bolognese Meat Sauce {Pasta Alfredo} Carrots Focaccia Fruit Milk</p>	<p>19</p> <p>Breakfast for Lunch French Toast Sticks w/ Maple Syrup Veggie Frittata Home Fries OJ Milk</p>	<p>20</p> <p>Pulled Pork Sandwich {Black Bean Burger} Sweet Potatoes Cole Slaw Fruit Milk</p>
<p>MEATLESS MONDAY 23</p> <p>Southern Style Vegetable Plate Collard Greens, Sweet Potatoes, Lima Beans, Mac and Cheese, Buttermilk Biscuit Fruit Milk</p>	<p>24</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>Middle Campus Field Day 25</p> <p>Sack Lunch Turkey or Veggie Sub Sandwich Carrots with Ranch Dressing Apple Milk</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>	<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 * The Congaree Milling Company</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>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>	