

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEATLESS MONDAY</b> <b>Veggie Fried Rice</b> Broccoli with Ginger and Scallions Cucumber Salad Fruit Milk	<b>Meatloaf</b> <b>{Mushroom Loaf}</b> Collard Greens Roasted Butternut Squash Fruit Milk	<b>Jerk Chicken Leg</b> <b>{Jerk Patty}</b> Plantains Curried Cabbage Rice and Peas Fruit Milk	<b>Turkey Cuban Sandwiches</b> <b>{Black Bean Burger}</b> Black Beans and Yellow Rice Carrot Sticks with Ranch Fruit Milk	<b>Broccoli and Cheese Soup</b> Green Salad Whole Wheat Roll Fruit Milk
<b>MEATLESS MONDAY</b> <b>Veggie Chili</b> Cornbread Broccoli Lentil Salad Fruit Milk	<b>Salmon with Curry Sauce</b> <b>{Roasted Curry Tofu}</b> Quinoa Salad Buttered Cabbage Whole Wheat Roll Fruit Milk	<b>Chicken Salad Sandwich</b> <b>{Egg Salad Sandwich}</b> Succotash Carrot Sticks with Ranch Fruit Milk	<b>Pasta with Bolognese Meat Sauce</b> <b>{Pasta w/ Mushroom Bolognese }</b> Green Salad Whole Wheat Roll Fruit Milk	<b>Chicken Teriyaki</b> <b>{Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk
<b>MEATLESS MONDAY</b> <b>Veggie Lasagna</b> Roast Cauliflower Salad Caesar Salad Garlic Bread Fruit Milk	<b>TACO TUESDAY</b> <b>Chorizo y Papas (Turkey or Tofu Sausage and Potato Soft Tacos)</b> Black Beans Ensalada de Nopales (Cactus Salad) Fruit Milk	<b>Breakfast for Lunch</b> French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk	<b>7th Grade Humanities: North Africa</b> Moroccan Chicken Tagine with Couscous {Shakshouka – Tunisian poached eggs with peppers and tomato} Ful Medames (Egyptian Fava Beans) Carrot, Orange and Olive Salad Fruit Milk	<b>Thanksgiving Dinner</b> Roast Turkey or Tofu with Gravy Cornbread Dressing Sweet Potato Casserole Green Bean Casserole Elizabeth Hearn's Cranberry Chutney Fruit Milk
Thanksgiving Break 23	Thanksgiving Break 24	Thanksgiving Break 25	Thanksgiving Break 26	Thanksgiving Break 27
<b>MEATLESS MONDAY</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Collard Greens Fruit Milk	<b>ANCS uses no nut products in breakfast or lunch items.</b>  <b>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</b>  <b>Salad (either Chef's Salad or Mediterranean Vegetable Salad) is available as an entree choice for students in grades 4-8.</b>	<b>ANCS supports local food !!!</b> <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  <b>ANCS is a member of Georgia Organics</b>	<b>All milk is 1% (unflavored) or nonfat chocolate.</b>  <b>Lactaid nonfat milk is available on request at the elementary campus.</b>  <b>All meals are served with milk unless excepted by doctor's note.</b>  <b>Milk is rBGH/rBST-free.</b>	<b>Student meals at ANCS fit the USDA school lunch program meal pattern.</b>  <b>"The USDA is an equal opportunity provider and employer"</b>