

Monday	Tuesday	Wednesday	Thursday	Friday
<p><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</p> <p><b>ANCS is a member of Georgia Organics</b></p>	<p><b>ANCS uses no nut products in breakfast or lunch items.</b></p> <p><b>Milk is rBGH/rBST-free.</b></p> <p><b>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</b></p> <p><b>Full Salad Bar is available at both campuses for adults and students</b></p>	<p><b>Student meals at ANCS fit the USDA school lunch program meal pattern.</b></p> <p><b>All milk is 1% (unflavored) or nonfat (flavored). All meals are served with milk unless excepted by doctor's note.</b></p> <p><b>"The USDA is an equal opportunity provider and employer"</b></p>	<p><b>Turkey Cuban Sandwiches {Black Bean Burger}</b> Black Beans and Yellow Rice Carrot Sticks with Ranch Fruit Milk</p>	<p><b>Pizza with Turkey Sausage {Cheese Pizza}</b> Green Salad Fruit Milk</p>
<p><b>Veggie Lasagna</b> Roast Cauliflower Salad Caesar Salad Garlic Bread Fruit Milk</p>	<p><b>Jerk Chicken Leg {Jerk Patty}</b> Plantains Yams Peas and Rice Fruit Milk</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><b>Teacher Work Day</b></p>	<p><b>Fall Break</b></p>
<p><b>Fall Break</b></p>	<p><b>Grilled Cheese Sandwich</b> Tomato Soup Cole Slaw Fruit Milk</p>	<p><b>Penne with Bolognese Meat Sauce {Penne with Mushroom Bolognese}</b> Carrots Whole Wheat Roll Fruit Milk</p>	<p><b>Veggie Chili w/ Sour Cream &amp; Cheddar</b> Cornbread Chopped Salad with Ranch Fruit Milk</p>	<p><b>Meatloaf {Mushroom Loaf}</b> Collard Greens Black Eyed Peas Fruit Milk</p>
<p><b>MEATLESS MONDAY Veggie Fried Rice</b> Broccoli with Ginger and Scallions Cucumber Salad Fruit Milk</p>	<p><b>TACO TUESDAY Chicken in Mole Negro (Braised Chicken with Soft Corn Tortilla) {Tacos de Hongos – Mushroom Tacos with Cotija Cheese}</b> Black Beans Corn Salad Fruit &amp; Milk</p>	<p><b>8<sup>th</sup> Grade Humanities: Native Georgians – Cherokee &amp; Creek</b> Fried Hominy with Bacon; Succotash; Roasted Squash Bean Bread Fruit Milk</p>	<p><b>Corn Chowder</b> Carrot Sticks with Ranch Dressing Cole Slaw Cheese Toast Fruit Milk</p>	<p><b>Chicken Teriyaki {Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk</p>
<p><b>MEATLESS MONDAY Southern-Style Veg Plate</b> Collard greens, Mac and Cheese, Candied Yams, Field Peas, Buttermilk Biscuit Fruit Milk</p>	<p><b>Breakfast for Lunch</b> French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk</p>	<p><b>6<sup>th</sup> Grade Humanities: Germany &amp; Eastern Europe</b> Chicken Paprikash &amp; Egg Noodle {Stuffed Cabbage Rolls} Braised Red Cabbage with Apple Russian Carrot and Parsnip Salad Fruit Milk</p>	<p><b>BBQ Chicken Leg {BBQ Tofu}</b> Carrots Succotash Whole wheat roll Fruit Milk</p>	<p><b>Brunswick Stew {Black Bean Soup}</b> Cole Slaw Cornbread Muffins Fruit Milk</p>

