

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

