

Monday	Tuesday	Wednesday	Thursday	Friday
<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 <b>ANCS is a member of</b> Georgia Organics	<b>BBQ Chicken Leg</b> <b>{BBQ Tofu}</b> Carrots Succotash Whole wheat roll Fruit Milk	<b>Turkey Cuban Sandwiches</b> <b>{Black Bean Burger}</b> Black Beans and Yellow Rice Carrot Sticks with Ranch Fruit Milk	<b>Veggie Lasagna</b> Roast Cauliflower Salad Caesar Salad Garlic Bread Fruit Milk	<b>Meatloaf</b> <b>{Mushroom Loaf}</b> Collard Greens Hoppin' John Fruit Milk
<b>Labor Day 7</b>	<b>Veggie Chili w/ Sour Cream &amp; Cheddar</b> Cornbread Chopped Salad with Ranch Fruit Milk	<b>Jerk Chicken Leg</b> <b>{Jerk Patty}</b> Plantains Yams Peas and Rice Fruit Milk	<b>Chicken Caesar Salad</b> <b>{Veggie Caesar Salad}</b> Roasted Butternut Squash Whole Wheat Roll Fruit Milk	<b>Minestrone (Summer Vegetable Soup) with Basil Oil</b> Chickpea Salad ANCS Garden Herb Focaccia Fruit Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>MEATLESS MONDAY</b> <b>Southern-Style Veg Plate</b> Collard greens, Mac and Cheese, Candied Yams, Field Peas, Sliced Tomato, Whole Wheat Roll Fruit Milk	<b>Chili Nachos w/Cheese</b> <b>{Nachos w/Cheese and Pinto Beans}</b> Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Corn Salad with Chilies and Lime Fruit Milk	<b>6<sup>th</sup> Grade Humanities:</b> <b>European History – Jewish Cuisine</b> Chicken Soup with Matzah Ball {Cholent – slow-cooked Bean Stew} Tzimmes – Carrots with Honey Kasha Varnishkes – Buckwheat and Noodles Fruit Milk	<b>Chilaquiles</b> (Enchilada Casserole) Green Salad Pinto Beans Fruit Milk	<b>Salmon with Curry Sauce</b> <b>{Roasted Curry Tofu}</b> Green Beans Cucumber-Dill Salad Whole Wheat Roll Fruit Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>MEATLESS MONDAY</b> <b>Veggie Fried Rice</b> Broccoli with Ginger and Scallions Cucumber Salad Fruit Milk	<b>TACO TUESDAY</b> <b>Carnitas (Slow-cooked Pork Shoulder on Soft Corn Tortilla)</b> <b>{Tacos de Hongos – Mushroom Tacos with Cotija Cheese}</b> Black Beans with Crema Jicama & Apple Salad Fruit Milk	<b>Penne with Bolognese Meat Sauce</b> <b>{Penne with Mushroom Bolognese}</b> Green Salad Whole Wheat Roll Fruit Milk	<b>Butternut Squash Soup with Sage</b> Carrot Sticks with Ranch Dressing Cole Slaw Cheese Toast Fruit Milk	<b>Chicken Teriyaki</b> <b>{Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk
<b>28</b>	<b>29</b>	<b>30</b>		
<b>MEATLESS MONDAY</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Green Salad Fruit Milk	<b>Breakfast for Lunch</b> French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk	<b>7<sup>th</sup> Grade Humanities:</b> <b>East Africa – Ethiopian Cuisine</b> Doro Wat – Spicy Chicken Stew {Mesir Wat – Spicy Red Lentils} Tikil Gomen – carrot, cabbage and potatoes Ethiopian Tomato Salad Injera – Ethiopian Flatbread Fruit Milk	<b>ANCS uses no nut products in breakfast or lunch items.</b>  <b>Milk is rBGH/rBST-free.</b>  <b>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</b>  <b>Full Salad Bar is available at both campuses for adults and students</b>	<b>Student meals at ANCS fit the USDA school lunch program meal pattern.</b>  <b>All milk is 1% (unflavored) or nonfat (flavored). All meals are served with milk unless excepted by doctor's note.</b>  <b>"The USDA is an equal opportunity provider and employer"</b>