

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
9	10	11	12	13
Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
16	17	18	19	20
STAFF DEVELOPMENT DAY NO SCHOOL	Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
23	24	25	26	27
Assorted Cereal Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Cheese Grits Fresh Fruit Apple Juice or Orange Juice Milk	Turkey Sausage Patty Scrambled Egg Buttermilk Biscuit Fresh Fruit Apple Juice or Orange Juice Milk	French Toast Sticks with Maple Syrup Fresh Fruit Apple Juice or Orange Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Fresh Fruit Apple Juice or Orange Juice Milk
30	31	<p>Mondays are all-vegetarian menus.</p> <p>Whenever possible, meats are antibiotic- and hormone-free Milk is rBGH-free</p> <p>*** a la carte pricing *** Milk (1% or nonfat chocolate) \$.50 Juice (apple or orange) \$.50 Fresh Fruit (4 oz serving) \$.50 Cereal \$1</p>	<p>ANCS supports local food</p> <p>ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm AtlantaFresh Yogurt The Turnip Truck Georgia Organics</p>	<p>"The USDA is an equal opportunity provider and employer"</p> <p>Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored) All grain products are whole-grain rich</p>

