

Monday			Tuesday			Wednesday			Thursday			Friday		
1 <b>Labor Day</b>			2 Scrambled eggs w/ cheese Grits Fruit Juice Milk			3 Turkey Sausage and egg biscuit Fruit Juice Milk			4 French toast with maple syrup Fruit Juice Milk			5 Scrambled eggs Blueberry muffin Juice Milk		
8 Oatmeal with raisins, apricots and cinnamon Juice Milk			9 Scrambled eggs w/ cheese Grits Fruit Juice Milk			10 Turkey Sausage and egg biscuit Fruit Juice Milk			11 French toast with maple syrup Fruit Juice Milk			12 Scrambled eggs Blueberry muffin Juice Milk		
15 Oatmeal with raisins, apricots and cinnamon Juice Milk			16 Scrambled eggs w/ cheese Grits Fruit Juice Milk			17 Turkey Sausage and egg biscuit Fruit Juice Milk			18 French toast with maple syrup Fruit Juice Milk			19 Scrambled eggs Blueberry muffin Juice Milk		
22 Oatmeal with raisins, apricots and cinnamon Juice Milk			23 Scrambled eggs w/ cheese Grits Fruit Juice Milk			24 Turkey Sausage and egg biscuit Fruit Juice Milk			25 French toast with maple syrup Fruit Juice Milk			26 Scrambled eggs Blueberry muffin Juice Milk		
29 Oatmeal with raisins, apricots and cinnamon Juice Milk			30 Scrambled eggs w/ cheese Grits Fruit Juice Milk			<b>Mondays are all-vegetarian menus.</b>  <b>Whenever possible, meats are antibiotic- and hormone-free</b>			<b>Menus subject to change without notice</b>  <b>ANCS supports local food!</b>  <b>Milk is rGBH-free</b>			<b>"USDA is an equal opportunity provider and employer"</b>  <b>Per USDA regulation:</b> <b>All milk is 1% (unflavored) or nonfat (flavored)</b> <b>All grain products are whole-grain rich</b>		

