

# ANCS Lunch

# October

# 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEATLESS MONDAY</b> <b>Veggie Chili</b> Cornbread Green Salad Fruit Milk	<b>Jerk Chicken Leg</b> <b>{Jerk Burger}</b> Plantains Rice and Peas Sweet Potatoes Fruit Milk	<b>Veggie Lasagna</b> Caesar Salad Focaccia Fruit Milk	<b>Chicken Teriyaki</b> <b>{Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk	<b>Professional Learning Day</b> <b>No School</b>
<b>Fall Break 10</b>	<b>Fall Break 11</b>	<b>Grilled Cheese Sandwich</b> Tomato Soup Green Salad Fruit Milk	<b>Meatloaf</b> <b>{Mushroom Loaf}</b> Black Eyed Peas Carrots Whole Wheat Roll Fruit Milk	<b>BBQ Chicken Leg</b> <b>{BBQ Tofu}</b> German Potato Salad Buttered Cabbage Brown Rice Fruit Milk
<b>MEATLESS MONDAY</b> <b>Southern Style Vegetable Plate</b> Sweet Potatoes, Cucumber & Tomato Salad, Lady Peas, Mac and Cheese, Cornbread Fruit Milk	<b>Chili Nachos w/Cheese</b> <b>{Cheese Nachos w/ Pinto Beans}</b> Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Corn Salad with Chilies and Lime Fruit Milk	<b>Pasta with Bolognese Meat</b> <b>Sauce</b> <b>{Pasta Alfredo}</b> Caesar Salad Focaccia Fruit Milk	<b>Pulled Pork Sandwich</b> <b>{Black Bean Burger}</b> Cole Slaw Southern Style Potato Salad Fruit Milk	<b>Turkey Cuban Sandwiches</b> <b>{Black Bean Burger}</b> Black Beans and Yellow Rice Carrot Sticks with Ranch Dressing Fruit Milk
<b>MEATLESS MONDAY</b> <b>Carrot Soup</b> Cheese Toast Green Salad with GA Apples and Sunflower Seeds Fruit Milk	<b>TACO TUESDAY</b> <b>Carnitas (Crispy Shredded Pork)</b> <b>{Tostada with Pinto Beans,</b> <b>Queso Fresco and Avocado}</b> Frijoles Negros -- Black Beans Salpicón - Cabbage, Radish, and Chile Salad with Lime Fruit Milk	<b>Veggie Fried Rice</b> Broccoli with Ginger and Scallions Cucumber Salad with Sesame Seed Fruit Milk	<b>Pozole Verde with Chicken</b> <b>{Kale and Farm Egg Tamales}</b> Refried Beans & Rice Carrots Fruit Milk	<b>Breakfast for Lunch</b> French Toast Sticks w/ Maple Syrup Veggie Frittata Home Fries OJ Milk
<b>MEATLESS MONDAY</b> <b>Pasta with Roasted Pumpkin,</b> <b>Sage Brown Butter and Parmesan</b> Kale Salad with Pumpkin Seeds, Cranberries and Queso Fresco Yogurt Fruit Milk	<b>All meals are served with milk</b> <b>unless excepted by doctor's</b> <b>note.</b>  <b>We offer 1% white milk or</b> <b>nonfat chocolate milk. Lactaid</b> <b>nonfat milk is available on</b> <b>request at the elementary</b> <b>campus. All milk is rBST-free.</b>	<b>ANCS supports local food and is</b> <b>a member of Georgia Organics.</b> <b>So far this school year, we have</b> <b>served local food from:</b> ANCS Gardens * Atlanta Fresh Dairy * BJ Reese Orchards * Burge Organic Farm * Common Market * Congaree Milling Co * Cosmos Organic Farm * Crager Hager Farm * Freewheel Farm * Geezer's Garden * Global Growers * Rag & Frass Farm * Tewksbury Farm * Turnip Truck * West GA Farmer's Coop	<b>ANCS uses no nut products in</b> <b>breakfast or lunch items.</b>	<b>Mondays are all-vegetarian</b> <b>menus. On other days, if meat</b> <b>is served, vegetarian entree is</b> <b>in {curly brackets}</b>  <b>Chef's Salad or Mediterranean</b> <b>Vegetable Salad is available as</b> <b>an entree choice for grades 4-8.</b>  <b>"ANCS is an equal opportunity</b> <b>provider and employer"</b>

