

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>Chilaquiles (Enchilada Casserole) Mexican Cabbage Salad Pinto Beans Fruit Milk</p> <p style="text-align: right;">1</p>
<p>Southern-Style Veg Plate Collard greens, Mac and Cheese, Candied Yams, Succotash, Pickled Beets, Whole Wheat Roll Fruit Milk</p> <p style="text-align: right;">4</p>	<p>Meatloaf {Mushroom Loaf} Collard Greens Mac and Cheese Fruit Milk</p> <p style="text-align: right;">5</p>	<p>Turkey Cuban Sandwiches {Black Bean Burger} German Potato Salad Carrot Sticks with Ranch Fruit Milk</p> <p style="text-align: right;">6</p>	<p>Indian Vegetable Plate Navratan Korma (mixed veggie curry) Chana Masala (spicy chickpeas) Cucumber Raita Brown Basmati Rice Fruit Milk</p> <p style="text-align: right;">7</p>	<p>Chicken Noodle Soup {Broccoli and Cheese Soup} Carrot sticks with Ranch Black Eyed Pea Salad Rosemary Focaccia Fruit Milk</p> <p style="text-align: right;">8</p>
<p>Veggie Chili w/ Sour Cream & Cheddar Cornbread Broccoli Lentil Salad Fruit Milk</p> <p style="text-align: right;">11</p>	<p>Salmon with Curry Sauce {Roasted Curry Tofu} Quinoa Salad Buttered Cabbage Whole Wheat Roll Fruit Milk</p> <p style="text-align: right;">12</p>	<p>Chicken Salad Sandwich {Egg Salad Sandwich} Succotash Carrot Sticks with Ranch Fruit Milk</p> <p style="text-align: right;">13</p>	<p>Penne with Bolognese Meat Sauce {Penne with Marinara} Green Salad with Sunflower Seeds Whole Wheat Roll Fruit Milk</p> <p style="text-align: right;">14</p>	<p>Chicken Teriyaki {Teriyaki Tofu} Mixed Vegetables Brown Rice Fruit Milk</p> <p style="text-align: right;">15</p>
<p>Grilled Cheese Sandwich Tomato Soup Green Salad Fruit Milk</p> <p style="text-align: right;">18</p>	<p>BBQ Chicken Leg {BBQ Tofu} Carrots Mixed Bean Salad Whole wheat roll Fruit Milk</p> <p style="text-align: right;">19</p>	<p>Breakfast for Lunch French Toast Sticks w/ Maple Syrup Scrambled Eggs Home fries OJ Milk</p> <p style="text-align: right;">20</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 style="text-align: right;">21</p>	<p>Sack Lunch – Half Day Turkey Sub Sandwich {Veggie Sub Sandwich} Carrot Sticks with Ranch Fruit Milk</p> <p style="text-align: right;">22</p>
<p>Mondays are all-vegetarian menus.</p> <p>On other days, if meat is served, vegetarian entree is in {curly brackets}</p> <p>Fruit and Vegetable side dishes are available in addition to salad bar at no charge</p>	<p>Whenever possible, meats are antibiotic- and hormone-free</p> <p>Milk is rBGH-free</p>	<p>*** a la carte pricing ***</p> <p>Milk (1% or nonfat chocolate) \$.50 Juice (apple or orange) \$.50 Fresh Fruit (4 oz serving) \$.50 Adult Meal (includes iced tea or coffee) \$5</p>	<p>ANCS supports local food ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm Jackson Park Farm at MJHS 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>