

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Cereal Yogurt Fruit Juice Milk	Cereal Yogurt Fruit Juice Milk	Cereal Yogurt Fruit Juice Milk	Cereal Yogurt Fruit Juice Milk	Cereal Yogurt Fruit Juice Milk
11	12	13	14	15
Oatmeal with dried fruit Juice Milk -OR- Cereal Fruit Juice Milk	Scrambled eggs Hash browns Blueberry muffin Juice Milk -OR- Cereal Fruit Juice Milk	Turkey Sausage and egg biscuit Fruit Juice Milk -OR- Cereal Fruit Juice Milk	French toast with maple syrup and bananas Juice Milk -OR- Cereal Fruit Juice Milk	Ham and cheese breakfast casserole Fruit Juice Milk -OR- Cereal Fruit Juice Milk
18	19	20	21	22
Oatmeal with dried fruit Juice Milk -OR- Cereal Fruit Juice Milk	Scrambled eggs Hash browns Blueberry muffin Juice Milk -OR- Cereal Fruit Juice Milk	Turkey Sausage and egg biscuit Fruit Juice Milk -OR- Cereal Fruit Juice Milk	French toast with maple syrup and bananas Juice Milk -OR- Cereal Fruit Juice Milk	Ham and cheese breakfast casserole Fruit Juice Milk -OR- Cereal Fruit Juice Milk
25	26	27	28	29
Oatmeal with dried fruit Juice Milk -OR- Cereal Fruit Juice Milk	Scrambled eggs Hash browns Blueberry muffin Juice Milk -OR- Cereal Fruit Juice Milk	Turkey Sausage and egg biscuit Fruit Juice Milk -OR- Cereal Fruit Juice Milk	French toast with maple syrup and bananas Juice Milk -OR- Cereal Fruit Juice Milk	Ham and cheese breakfast casserole Fruit Juice Milk -OR- Cereal Fruit Juice Milk
Menus subject to change without notice  ANCS supports local food!	Whenever possible, meats are antibiotic- and hormone-free  Milk is rGBH-free	Mondays are all- vegetarian menus.	"USDA is an equal opportunity provider and employer"	Per USDA regulation: All milk is 1% (unflavored) or nonfat (flavored) All grain products are whole- grain rich