

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Veggie Lasagna Tomato salad Fresh Fruit Garlic Bread Milk	Chicken Quesadilla {Cheese Quesadilla} Tomato salsa, lettuce, sour cream Black beans and brown rice Fruit Milk	Pulled Pork Sandwich {BBQ mushroom sandwich} German potato salad Collard greens Watermelon Milk	Chicken Salad Sandwich {Egg Salad Sandwich} Green salad Carrot sticks Fresh Fruit Milk	Turkey Burger {Veggie Burger} Cole slaw Carrot sticks Baked Beans Fresh Fruit Milk
11	12	13	14	15
Red beans and rice Okra and tomatoes Cornbread Fruit Milk	Basil rolls with shrimp {Veggie basil rolls} Cucumber salad Veggie Fried rice Fruit Milk	Chicken Caesar Salad {Veggie caesar salad} Green beans Yogurt Fruit Milk	Chili Nachos w/Cheese {Nachos w/Cheese and pinto beans} Tomato salsa, lettuce, sour cream, pickled jalapenos Fresh Fruit Milk	Chicken and waffles {Waffles and scrambled egg} Biscuit Hash Browns Fresh Fruit Milk
18	19	20	21	22
Eggplant parmesan Green Peas Roasted cauliflower Fresh Fruit Garlic Bread Milk	Penne pasta with bolognese meat sauce {Penne with pesto and ricotta} Broccoli Fresh Fruit Garlic Bread Milk	Hot Ham & Cheese Sandwich {Grilled Cheese Sandwich} Green salad Baked Beans Fresh Fruit Milk	Beef Tacos {Black Bean Tacos} Lettuce/Tomato/Cheese Veg Fresh Fruit Milk	Chicken Wings {Veggie Hot Dog} Black eyed peas Celery and carrots with bleu cheese Fresh Fruit Roll Milk
25	26	27	28	29
Cold sesame noodles with cucumber and tomato Stir-fried bean curd and broccoli Fruit Milk	Fried pollock with tartar sauce {Veggie burger} Hushpuppies Cole slaw Green bean salad Fruit Milk	Spaghetti Marinara w/Meatballs {Spaghetti Marinara} Broccoli Garlic bread Fresh Fruit Milk	Zucchini and roast pepper frittata Sweet potatoes Green peas Whole grain roll Fruit Milk	Chicken enchiladas {Cheese enchiladas} Refried beans Tomato and corn salad Fresh Fruit 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. On other days, if meat is served, vegetarian entree is in {curly brackets}	"The 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