

Monday			Tuesday			Wednesday			Thursday			Friday		
<p>Mondays are all-vegetarian menus.</p> <p>Whenever possible, meats are antibiotic- and hormone-free</p> <p>Milk is rGBH-free</p>			<p>"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>			1			2			3		
						Turkey Sausage and Egg Biscuit Fruit Juice Milk	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup Fruit Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Banana Bread Muffin w/ Apple Butter Juice Milk	or	Cereal Fruit Juice Milk
6			7			8			9			10		
Oatmeal with Raisins, Apricots and Cinnamon Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits Fruit Juice Milk	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit Fruit Juice Milk	or	Cereal Fruit Juice Milk	FALL BREAK			FALL BREAK		
13			14			15			16			17		
FALL BREAK			Scrambled Eggs Cheese Grits Fruit Juice Milk	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit Fruit Juice Milk	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup Fruit Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Banana Bread Muffin w/ Apple Butter Juice Milk	or	Cereal Fruit Juice Milk
20			21			22			23			24		
Oatmeal with Raisins, Apricots and Cinnamon Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits Fruit Juice Milk	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit Fruit Juice Milk	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup Fruit Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Banana Bread Muffin w/ Apple Butter Juice Milk	or	Cereal Fruit Juice Milk
27			28			29			30			31		
Oatmeal with Raisins, Apricots and Cinnamon Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits Fruit Juice Milk	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit Fruit Juice Milk	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup Fruit Juice Milk	or	Cereal Fruit Juice Milk	Scrambled Eggs Banana Bread Muffin w/ Apple Butter Juice Milk	or	Cereal Fruit Juice Milk