## **ANCS Breakfast**

## October

2014

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