

Monday			Tuesday			Wednesday			Thursday			Friday		
3			4			5			6			7		
Oatmeal with Cinnamon and Fruit Compote	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup	or	Cereal Fruit Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter	or	Cereal Fruit Juice Milk
Juice			Fruit Juice Milk			Fruit Juice Milk			Fruit Juice Milk			Juice Milk		Juice Milk
Milk			Milk			Milk			Milk			Milk		Milk
10			11			12			13			14		
Oatmeal with Cinnamon and Fruit Compote	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup	or	Cereal Fruit Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter	or	Cereal Fruit Juice Milk
Juice			Fruit Juice Milk			Fruit Juice Milk			Fruit Juice Milk			Juice Milk		Juice Milk
Milk			Milk			Milk			Milk			Milk		Milk
17			18			19			20			21		
Oatmeal with Cinnamon and Fruit Compote	or	Cereal Fruit Juice Milk	Scrambled Eggs Cheese Grits	or	Cereal Fruit Juice Milk	Turkey Sausage and Egg Biscuit	or	Cereal Fruit Juice Milk	French Toast w/ Maple Syrup	or	Cereal Fruit Juice Milk	Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter	or	Cereal Fruit Juice Milk
Juice			Fruit Juice Milk			Fruit Juice Milk			Fruit Juice Milk			Juice Milk		Juice Milk
Milk			Milk			Milk			Milk			Milk		Milk
24			25			26			27			28		
THANKSGIVING BREAK														
<p>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</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</p> <p>ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm AtlantaFresh Yogurt 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>		