

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Red Beans and Rice</b> Maque Choux Cornbread Fruit Milk	<b>TEACHER PLANNING/WORK DAY</b>	<b>Meatloaf</b> {Mushroom loaf} Collard Greens Mac and Cheese Fruit Milk	<b>Chili Nachos w/Cheese</b> {Nachos w/Cheese and Pinto Beans} Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Fruit Milk	<b>Chicken Teriyaki</b> {Mixed Vegetable Teriyaki} Mixed Vegetables Brown Rice Fruit Milk
10	11	12	13	14
<b>Grilled Cheese Sandwich</b> Tomato Soup German Potato Salad Fruit Milk	<b>Tacos al Pastor</b> – Roast Pork Tacos with Pineapple {Vegetarian Tamales} Roast Pumpkin w/ Chili and Lime Fruit Milk	<b>Chicken Salad Sandwich</b> {Egg Salad Sandwich} Green Salad Carrot Sticks with Ranch Fruit Milk	<b>Baked Penne with Bolognese Meat Sauce</b> {Baked Penne with Marinara} Roasted Cauliflower Lentil Salad Fruit Milk	<b>Jerk Chicken Wings</b> {Jerk Tofu} Peas and Rice Fried Plantains Fruit Milk
17	18	19	20	21
<b>Veggie Chili</b> Cornbread Green salad Fruit Milk	<b>Chicken Caesar Salad</b> {Veggie Caesar Salad} Butternut Squash Fruit Milk	<b>New England Clam Chowder</b> {Butternut Squash Bisque} Quinoa Salad Collard Greens Fruit Milk	<b>Pulled Pork Sliders</b> {Veggie Burger} German Potato Salad Cole slaw Fruit Milk	<b>Roast Turkey with Gravy</b> {Roast Tofu with Onion Gravy} Cornbread Stuffing Green Bean Casserole Cranberry Sauce Milk
24	25	26	27	28
<h2>THANKSGIVING BREAK</h2>				
<b>Mondays are all-vegetarian menus. On other days, if meat is served, vegetarian entree is in {curly brackets}</b>	<b>Whenever possible, meats are antibiotic- and hormone-free</b>  <b>Milk is rBGH-free</b>	<b>*** a la carte pricing ***</b>  <b>Milk (1% or nonfat chocolate) \$.50</b> <b>Juice (apple or orange) \$.50</b> <b>Fresh Fruit (4 oz serving) \$.50</b> <b>Adult Meal (includes iced tea or coffee) \$5</b>	<b>ANCS supports local food</b> ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm AtlantaFresh Yogurt Georgia Organics	<b>"The USDA is an equal opportunity provider and employer"</b>  <b>Per USDA regulation:</b> <b>All milk is 1% (unflavored) or nonfat (flavored)</b> <b>All grain products are whole-grain rich</b>