

Monday			Tuesday			Wednesday			Thursday			Friday		
1			2			3			4			5		
Oatmeal with Cinnamon and Fruit Compote 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 Spiced Sweet Potato Muffin & Apple Butter Juice Milk	or	Cereal Fruit Juice Milk
8			9			10			11			12		
Oatmeal with Cinnamon and Fruit Compote 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 Spiced Sweet Potato Muffin & Apple Butter Juice Milk	or	Cere l Fruit Juice Milk
15			16			17			18			19		
Oatmeal with Cinnamon and Fruit Compote 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 Spiced Sweet Potato Muffin & Apple Butter Juice Milk	or	Cereal Fruit Juice Milk
22/29			23/30			24/31			25			26		
WINTER BREAK														
Mondays are all-vegetarian menus.			Whenever possible, meats are antibiotic- and hormone-free Milk is rBGH-free			*** a la carte pricing *** Milk (1% or nonfat chocolate) \$.50 Juice (apple or orange) \$.50 Fresh Fruit (4 oz serving) \$.50 Cereal \$1			ANCS supports local food ANCS Gardens Brasstown Beef Gum Creek Farm White Oak Pastures Riverview Farm Freewheel Farm AtlantaFresh Yogurt Georgia Organics			"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		