

Monday			Tuesday			Wednesday			Thursday			Friday																	
5 TEACHER WORK DAY NO SCHOOL			6 Scrambled Eggs Cheese Grits Fruit Juice Milk			or	Cereal Fruit Juice Milk		7 Turkey Sausage and Egg Biscuit Fruit Juice Milk			or	Cereal Fruit Juice Milk		8 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		9 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Juice Milk			or	Cereal Fruit Juice Milk				
12 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		13 Scrambled Eggs Cheese Grits Fruit Juice Milk			or	Cereal Fruit Juice Milk		14 Turkey Sausage and Egg Biscuit Fruit Juice Milk			or	Cereal Fruit Juice Milk		15 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		16 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Juice Milk			or	Cereal Fruit Juice Milk	
19 MARTIN LUTHER KING JR DAY NO SCHOOL			20 Scrambled Eggs Cheese Grits Fruit Juice Milk			or	Cereal Fruit Juice Milk		21 Turkey Sausage and Egg Biscuit Fruit Juice Milk			or	Cereal Fruit Juice Milk		22 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		23 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Juice Milk			or	Cereal Fruit Juice Milk				
26 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		27 Scrambled Eggs Cheese Grits Fruit Juice Milk			or	Cereal Fruit Juice Milk		28 Turkey Sausage and Egg Biscuit Fruit Juice Milk			or	Cereal Fruit Juice Milk		29 French Toast w/ Maple Syrup Fruit Juice Milk			or	Cereal Fruit Juice Milk		30 Scrambled Eggs Spiced Sweet Potato Muffin & Apple Butter Juice Milk			or	Cereal Fruit Juice Milk	
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																	