

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<b>TEACHER WORK DAY NO SCHOOL</b>	<b>Grilled Cheese Sandwich</b> Tomato Soup Green Salad Fruit Milk	<b>Turkey Cuban Sandwiches {Black Bean Burger}</b> German Potato Salad Carrot Sticks with Ranch Fruit Milk	<b>Chicken Fried Chicken with Milk Gravy {Eggplant Parmesan}</b> Hoppin' John Green Peas Fruit Milk	<b>Chili Nachos w/Cheese {Nachos w/Cheese and Pinto Beans}</b> Tomato Salsa, Lettuce, Sour Cream, Pickled Jalapenos Fruit Milk
12	13	14	15	16
<b>Veggie Chili w/ Sour Cream &amp; Cheddar</b> Cornbread Green salad Fruit Milk	<b>Jerk Chicken {Jerk Tofu}</b> Peas and Rice Fried Plantains Fruit Milk	<b>Chicken Salad Sandwich {Egg Salad Sandwich}</b> Broccoli Carrot Sticks with Ranch Fruit Milk	<b>Meatloaf {Mushroom Loaf}</b> Collard Greens Mac and Cheese Fruit Milk	<b>Pozole Verde with Chicken {Cheese Enchiladas}</b> Rice and beans Fruit Milk
19	20	21	22	23
<b>MARTIN LUTHER KING JR DAY – NO SCHOOL</b>	<b>Chicken Caesar Salad {Veggie Caesar Salad}</b> Butternut Squash Fruit Milk	<b>Baked Penne with Bolognese Meat Sauce {Baked Penne with Marinara}</b> Broccoli Lentil Salad Fruit Milk	<b>Chicken Teriyaki {Teriyaki Tofu}</b> Mixed Vegetables Brown Rice Fruit Milk	<b>Salmon with Curry Sauce {Roasted Curry Tofu}</b> Quinoa Salad Buttered Cabbage Fruit Milk
26	27	28	29	30
<b>Red Beans and Rice</b> Fried Okra Cornbread Fruit Milk	<b>Chicken Pot Pie {Veggie Pot Pie}</b> Succotash Pickled Beets Fruit Milk	<b>Baked Acadian Redfish {Vegetable Frittata}</b> Quinoa Salad Collard Greens Fruit Milk	<b>Cheese Pizza</b> Green Salad Carrot Sticks with Ranch Fruit Milk	<b>Pulled Pork Sandwich {Black Bean Burger}</b> German Potato Salad Cole slaw Fruit Milk
<b>Mondays are all-vegetarian menus.</b>  <b>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>

