

# Atlanta Neighborhood Charter School

## May 2021 Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/3/2021	5/4/2021	5/5/2021	5/6/2021	5/7/2021
In-Person Lunch Arctic Wolves (Cohort 1)	Omnivore	Meatless Monday: Pasta with Peas & Basil-Pumpkin Seed Pesto; Caesar Salad	Roasted Chicken, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad Cheese Quesadilla, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Asian American & Pacific Islander Heritage Month - Bún chả or Bún nước lèo (Vietnamese noodle bowls) with Pork Meatballs or Tofu, Pickled Vegetables, Herbs, Lettuce & Sprouts	Baked Potato, Yogurt, Broccoli, Whole Wheat Roll
	Vegetarian (if different from above)			Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Veggie Chili; Turkey Sandwich; Green Salad with Mozzarella, Carrots, Garbanzos, Beets & Croutons; New Potatoes; Pinto Beans; Carrots & Ranch Dressing; Quinoa; Brown Rice; Whole Wheat Rolls; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Veggie Chili; Edamame; Hummus, Crackers, Cucumbers; Green Salad with Mozzarella, Carrots, Garbanzos, Beets & Croutons; New Potatoes; Pinto Beans; Carrots & Ranch Dressing; Quinoa; Brown Rice; Whole Wheat Rolls; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
Breakfast (all students - takeaway to be eaten at home)		Rice Krispies; Total Raisin Bran; ANCS Granola; Hard Boiled Egg; Low Fat Flavored Yogurt; NutriGrain Bar; Fresh Fruit; Banana; Apple Juice; Milk				
		5/10/2021	5/11/2021	5/12/2021	5/13/2021	5/14/2021
In-Person Lunch Temple of Zoom (Cohort 2)	Omnivore	Meatless Monday: Pasta with Peas & Basil-Pumpkin Seed Pesto; Caesar Salad	Roasted Chicken, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad Cheese Quesadilla, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Asian American & Pacific Islander Heritage Month - Bún chả or Bún nước lèo (Vietnamese noodle bowls) with Pork Meatballs or Tofu, Pickled Vegetables, Herbs, Lettuce & Sprouts	Baked Potato, Yogurt, Broccoli, Whole Wheat Roll
	Vegetarian (if different from above)			Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Tomato Soup; Turkey Sandwich; Green Salad with Mozzarella, Garbanzos & Croutons; Green Peas; Coleslaw; Pinto Beans; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Tomato Soup; Edamame; Hummus, Crackers, Carrots; Green Salad with Mozzarella, Garbanzos & Croutons; Green Peas; Coleslaw; Brown Rice; Pinto Beans; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
Breakfast (all students - takeaway to be eaten at home)		Rice Krispies; Total Raisin Bran; ANCS Granola; Hard Boiled Egg; Low Fat Flavored Yogurt; NutriGrain Bar; Fresh Fruit; Banana; Apple Juice; Milk				
		5/17/2021	5/18/2021	5/19/2021	5/20/2021	5/21/2021
ANCS Garden Week - some of the produce for this week's menu grown on campus at ANCS - lettuces, scallions, herbs, cucumbers, bean sprouts, and hopefully much more!						
In-Person Lunch Arctic Wolves (Cohort 1)	Omnivore	Meatless Monday: Grilled Cheese Sandwich, Black Beans, Carrots & Ranch	Asian American & Pacific Islander Heritage Month - Ssambap (Korean Lettuce & Rice Wraps) - some of the produce for this meal grown at ANCS - pork or tofu, rice, kimchi (pickled cabbage), cucumber salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Spring Salad with Seasonal Vegetables; Yogurt; ANCS Focaccia Bread	Turkey Cuban Sandwich, Black Beans, Roasted Sweet Potatoes Black Bean-Chipotle Burger, Black Beans, Roasted Sweet Potatoes
	Vegetarian (if different from above)			Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Tomato Soup; Veggie Chili; Turkey Sandwich; Green Salad with Mozzarella, Garbanzos & Croutons; Cauliflower; Corn; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Tomato Soup; Veggie Chili; Edamame; Hummus, Crackers; Green Salad with Mozzarella, Garbanzos & Croutons; Cauliflower; Corn; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
Breakfast (all students - takeaway to be eaten at home)		Rice Krispies; Total Raisin Bran; ANCS Granola; Hard Boiled Egg; Low Fat Flavored Yogurt; NutriGrain Bar; Fresh Fruit; Banana; Apple Juice; Milk				
		5/24/2021	5/25/2021	5/26/2021	5/27/2021	5/28/2021
ANCS Garden Week - some of the produce for this week's menu grown on campus at ANCS - lettuces, scallions, herbs, cucumbers, bean sprouts, and hopefully much more!						
In-Person Lunch Temple of Zoom (Cohort 2)	Omnivore	Meatless Monday: Grilled Cheese Sandwich, Black Beans, Carrots & Ranch	Asian American & Pacific Islander Heritage Month - Ssambap (Korean Lettuce & Rice Wraps) - some of the produce for this meal grown at ANCS - Pork or Tofu, Rice, Kimchi (pickled cabbage), Cucumber Salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Spring Salad with Seasonal Vegetables; Yogurt; ANCS Focaccia Bread	Last Day of School - Half Day - Sack Lunch at dismissal: Turkey Sandwich Last Day of School - Half Day - Sack Lunch at dismissal: Hummus & Veggies
	Vegetarian (if different from above)			Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Tomato Soup; Turkey Sandwich; Green Salad with Mozzarella, Garbanzos & Croutons; Cucumber; Green Peas; Black Beans; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Tomato Soup; Edamame; Hummus, Crackers, Carrots; Green Salad with Mozzarella, Garbanzos & Croutons; Cucumber; Green Peas; Black Beans; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
Breakfast (all students - takeaway to be eaten at home)		Rice Krispies; Total Raisin Bran; ANCS Granola; Hard Boiled Egg; Low Fat Flavored Yogurt; NutriGrain Bar; Fresh Fruit; Banana; Apple Juice; Milk				

Please note that all in-person lunches are also served with fresh fruit and milk.

Menus are subject to change without notice.

This institution is an equal opportunity provider.