

# Atlanta Neighborhood Charter School

# May 2022 Lunch Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5/2/2022

5/3/2022

5/4/2022

5/5/2022

5/6/2022

MEATLESS MONDAY

Asian American and Pacific Islander  
Heritage Month x ANCS Farm

Omnivore (if different from below)		Pulled Pork Sandwich, Carrots and Ranch Dressing, Cucumber Salad	Pasta with Turkey Bolognese Meat Sauce, Caesar Salad		Vietnamese Bún Noodle Salad Bowl with Seasoned Ground Pork
Vegetarian	Impossible Taco Salad with Lettuce, Radish, Cheese, Beans, Corn, Tortilla Crisps, Lime-Chili Ranch	Black Bean Burger, Carrots and Ranch Dressing, Cucumber Salad	Pasta with Impossible Bolognese Sauce, Caesar Salad	Baked Potato, Yogurt, Broccoli, Wheat Roll	Vietnamese Bún Noodle Salad Bowl with Impossible Sausage

5/9/2022

5/10/2022

5/11/2022

5/12/2022

5/13/2022

MEATLESS MONDAY

Omnivore (if different from below)					Jerk Chicken, Rice and Peas, Curried Cabbage and Sweet Potato
Vegetarian	Kale Salad with Dried Cranberries, Pumpkin Seeds, and Queso Fresco, Cheese Toast	Baked Sweet Potato with Brown Sugar-Cinnamon Butter, Cucumber Salad, String Cheese, Wheat Roll	Grilled Cheese Sandwich, Carrots and Ranch Dressing, Red Cabbage Salad	Baked Penne Pasta with ANCS Kale and Parmesan Cheese Sauce, Carrots and Ranch Dressing, Yogurt	Jerk Tofu, Rice and Peas, Curried Cabbage and Sweet Potato

5/16/2022

5/17/2022

5/18/2022

5/19/2022

5/20/2022

MEATLESS MONDAY

BREAKFAST FOR LUNCH

3-5 fieldday | sack lunch | see 5/27 menu

Omnivore (if different from below)		Turkey Cuban Sandwich, Corn, Carrots and Ranch Dressing		Chicken Teriyaki, Stir-Fried Vegetables, Brown Rice	
Vegetarian	ANCS Greens and Beans, Brown Rice, Carrots and Ranch Dressing, Yogurt	Black Bean-Chipotle Burger, Corn, Carrots and Ranch Dressing	Penne Pasta with Basil-Pumpkin Seed Pesto and Spring Vegetables, Caesar Salad, String Cheese	Tofu Teriyaki, Stir-Fried Vegetables, Brown Rice	French Toast Sticks with Maple Syrup, Potatoes, Hard Boiled Egg, Orange Juice

5/23/2022

5/24/2022

5/25/2022

5/26/2022

5/27/2022

MEATLESS MONDAY

LAST DAY OF SCHOOL - HALF DAY

K-2 fieldday | sack lunch | see 5/27 menu

sack lunches

Omnivore (if different from below)		BBQ Chicken, Sweet Potatoes, Chickpeas, Cornbread	Sloppy Joes, Roasted Potatoes, Coleslaw		Turkey and Swiss on Wheat, Baby Carrots with Ranch Dressing
Vegetarian	Green Garden Salad with Spring Vegetables, Cheese Toast	BBQ Tofu, Sweet Potatoes, Chickpeas, Cornbread	Impossible Joes, Roasted Potatoes, Coleslaw	Pasta with Tomato Sauce, Basil and Parmesan, Caesar Salad, String Cheese	Hummus with Cucumber & Crackers, Baby Carrots with Ranch Dressing