

Atlanta Neighborhood Charter School

April & May 2021 Menus

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4/12/2021	4/13/2021	4/14/2021	4/15/2021	4/16/2021
Quarantine Week All students learning at home. Meals for pickup at ANCS Middle Campus 4/13/2021	Lunch	Hummus, Crackers, Cucumber; Green Salad with Parmesan Cheese, Green Peas, Radishes & Croutons; Edamame; Baked Sweet Potato; Black Beans; Brown Rice; Whole Wheat Rolls; String Cheese; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Breakfast	Rice Krispies; Total Raisin Bran; ANCS Granola; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Apple Juice; Milk				
		4/19/2021	4/20/2021	4/21/2021	4/22/2021	4/23/2021
In-Person Lunch Arctic Wolves (Cohort 1)	Omnivore	Meatless Monday: Southern Style Veg Plate Mac and Cheese / Collard Greens / Cornbread / Sweet Potatoes Glazed with Lemon / Black Eyed Peas	Pasta with Bolognese Meat Sauce (Turkey), Caesar Salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Asian American & Pacific Islander Heritage Month - Japanese Bento Box - Salmon marinated in Miso or Sesame-crust Tofu, Rice, Edamame, Pickled Cucumber, Daikon with Soy, Green Beans in Sesame Sauce	Breakfast for Lunch: Blueberry Muffin, Hard Boiled Egg, Potato Hash, OJ
	Vegetarian (if different from above)		Pasta with Impossible Bolognese Sauce, Caesar Salad	Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Chicken Noodle Soup; BBQ Chicken Thigh; Turkey Sandwich; Green Salad with Mozzarella, Carrots, Garbanzos & Croutons; Cucumbers; Roasted Acorn Squash; Green Peas; Black Beans; Brown Rice; Whole Wheat Rolls; Hard Boiled Egg; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Pasta Alfredo; BBQ Tofu; Edamame; Hummus, Crackers, Carrots; Green Salad with Mozzarella, Carrots, Garbanzos & Croutons; Cucumbers; Roasted Acorn Squash; Green Peas; Black Beans; 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				
		4/26/2021	4/27/2021	4/28/2021	4/29/2021	4/30/2021
In-Person Lunch Temple of Zoom (Cohort 2)	Omnivore	Meatless Monday: Southern Style Veg Plate Mac and Cheese / Collard Greens / Cornbread / Sweet Potatoes Glazed with Lemon / Black Eyed Peas	Pasta with Bolognese Meat Sauce (Turkey), Caesar Salad	Sack Lunch - Turkey Sandwich - sent home on Tues	Asian American & Pacific Islander Heritage Month - Japanese Bento Box - Salmon marinated in Miso or Sesame-crust Tofu, Rice, Edamame, Pickled Cucumber, Daikon with Soy, Green Beans in Sesame Sauce	Breakfast for Lunch: Blueberry Muffin, Hard Boiled Egg, Potato Hash, OJ
	Vegetarian (if different from above)		Pasta with Impossible Bolognese Sauce, Caesar Salad	Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch both cohorts	Omnivore	Pasta with Bolognese Meat Sauce (Turkey); Turkey Sandwich; Green Salad with Mozzarella, Radishes, & Green Peas; Corn; Tomato Soup; Chickpea Ragout; Brown Rice; Whole Wheat Rolls; Hard Boiled Egg; String Cheese; Low Fat Flavored Yogurt; Fresh Fruit; Milk				
	Vegetarian	Pasta Impossible Bolognese; Edamame; Hummus, Crackers, Cucumber; Green Salad with Mozzarella, Radishes, & Green Peas; Corn; Tomato Soup; Chickpea Ragout; Brown Rice; Whole Wheat Rolls; Hard Boiled Egg; String Cheese; 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				

		5/3/2021	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	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)		Cheese Quesadilla, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad	Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch 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	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)		Cheese Quesadilla, Cilantro-Lime Rice, Esquites (Mexican Creamed Corn), Pinto Beans, Green Salad	Sack Lunch - Hummus & Veggies - sent home on Tues		
At-Home Lunch 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
	Vegetarian (if different from above)		Sack Lunch - Hummus & Veggies - sent home on Tues	Black Bean-Chipotle Burger, Black Beans, Roasted Sweet Potatoes		
At-Home Lunch 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				

