

Atlanta Neighborhood Charter School

September 2023 Lunch Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8/28/2023

8/29/2023

8/30/2023

8/31/2023

9/1/2023

OMNIVORE			Turkey Cuban Sandwich, Cuban Tomato Salad, Mojo Potatoes	Roast Chicken, Brown Rice, Squash Casserole, Red Cabbage Salad	
VEGETARIAN	Grilled Cheese, Tomato Soup, Caesar Salad	Green Salad with Roasted Sweet Potatoes, Black Beans and Avocado, Lime Dressing, Yogurt, Wheat Roll	Black Bean Burger, Cuban Tomato Salad, Mojo Potatoes	Chicken Fried Tofu, Brown Rice, Squash Casserole, Red Cabbage Salad	Pasta with Tomatoes and Basil, Caesar Salad, String Cheese

9/4/2023

9/5/2023

9/6/2023

9/7/2023

9/8/2023

LABOR DAY - NO SCHOOL		ASYNCHRONOUS LEARNING DAY			
OMNIVORE					Sloppy Joe, Chickpea Salad, Baby Carrots, Ranch Dressing
VEGETARIAN			Baked Potato, Broccoli, Wheat Roll, Yogurt	Japanese Rice Bowl - Crispy Tofu with Soy, Brown Rice, Edamame, Miso Sesame Eggplant, Cucumbers	Impossible Joe, Chickpea Salad, Baby Carrots, Ranch Dressing

9/11/2023

9/12/2023

9/13/2023

9/14/2023

9/15/2023

MEATLESS MONDAY				ANCS CELEBRATES ROSH HASHANAH - Recipes from Claudia Roden's The Book of Jewish Food	
OMNIVORE		Pasta Bolognese, Caesar Salad	Turkey Cuban Sandwich, Cuban Tomato Salad, Mojo Potatoes		
VEGETARIAN	Veggie Chili, Sweet Potato Circles, Coleslaw, Cornbread	Pasta Impossible Bolognese, Caesar Salad	Black Bean Burger, Cuban Tomato Salad, Mojo Potatoes	Taco Salad with Impossible Chili Con Carne, Lime-Chili Ranch	Falafel, Loubia - Egyptian Black Eyed Pea Salad, Carrot Tzimmes - Honeyed Carrots, Israeli Kugel - Sweet Noodle Pudding, Apples and Honey

9/18/2023

9/19/2023

9/20/2023

9/21/2023

9/22/2023

MEATLESS MONDAY				ANCS CELEBRATES HISPANIC HERITAGE MONTH - TACOS!!	
OMNIVORE		Pulled Pork Sandwich, New Potatoes, Coleslaw			Tacos de Carnitas - Shredded Pork and Soft Corn Tortillas, Black Beans, Shredded Cabbage, Radish, Salsas, Limes, etc.
VEGETARIAN	Nachos with Impossible Chili Con Carne	Black Bean Burger, New Potatoes, Coleslaw	Baked Sweet Potato, Brown Sugar Cinnamon Butter, Chickpea Salad, Wheat Roll, String Cheese	Pasta with Basil-Pumpkin Seed Pesto and Farm Vegetables, Caesar Salad, Yogurt	Tacos de Chorizo y Papas - Vegetarian Chorizo and Potato with Soft Corn Tortillas, Black Beans, Shredded Cabbage, Radish, Salsas, Limes, etc.

9/25/2023

9/26/2023

9/27/2023

9/28/2023

9/29/2023

MEATLESS MONDAY					
OMNIVORE		Chicken and Rice Soup with ANCS Okra, Red Cabbage Salad, Yogurt, Wheat Roll		Chicken Teriyaki, Stir-Fried Vegetables, Brown Rice	
VEGETARIAN	Grilled Cheese, Tomato Soup, Chickpea Salad	Chickpea Coconut Curry with ANCS Vegetables, Red Cabbage Salad, Yogurt, Wheat Roll	Farm Vegetable Salad, Garlic Bread, String Cheese	Tofu Teriyaki, Stir-Fried Vegetables, Brown Rice	French Toast Sticks, Roasted Potatoes, Tomatoes, Hard Boiled Egg, Orange Juice

If no Omnivore menu is listed, the Vegetarian menu is the only lunch on offer that day.

Menus may be subject to changes without notice.

This institution is an equal opportunity provider.