



**Jillian's Very Veggie Spring**

Make your lunch colorful with veggies! You should eat at least 1.5 to 2 cups of veggies every day. Try: carrots with dip, crispy cucumbers wrapped in turkey, lettuce wrapped around sliced veggies with your favorite dressing, and celery covered with cream cheese. Jillian gets creative with her veggies, she loves to eat asparagus wrapped inside of

**March 2010  
City School District of  
Albany Elementary Menu**

**LUNCH PRICES**

Elementary Lunch Price	\$2.00
High & Middle Lunch Price	\$2.25
Reduced Lunch Price	\$ .25

**ALL STUDENT LUNCH INCLUDE**

1% Milk, Skim Milk  
or Low Fat Chocolate Milk  
Fresh Vegetable (or) Side Salad  
Fresh Fruit( or) Fruit Cup

**HEALTHY LUNCH ALTERNATES**

Monday: Turkey Sandwich  
Tuesday: Turkey Bologna Sandwich  
Wed: Turkey & Cheese Sandwich  
Thursday: Ham Sandwich  
Friday: Tuna or Egg Salad Sandwich  
PBJ offered Daily

**All Sandwiches served on Whole Wheat Bread**  
**All Cold Cuts are Turkey Based**

**DAILY HEALTHY CHOICE**  
Low-fat, part-skim mozzarella cheese. Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing. With Whole Grain Dinner Roll

Check out what we are doing to help save the environment. Visit [www.Whitsons.com](http://www.Whitsons.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baked Chicken</b> Crispy Oven Baked Chicken Whole Grain Dinner Roll Sweet Carrots Fruit choice</p>	<p><b>Burger Mania</b> All Beef Cheeseburger On Whole Wheat Bun Sweet Corn Niblets Fruit Choice</p> <p>Celebrate the 103rd Birthday of Dr. Seuss on March 2nd! List the things you can do on a rainy day in the house!</p>	<p><b>Baked Macaroni &amp; Cheese</b> Elbow Macaroni in a Creamy Cheese Sauce Mixed Vegetable Fruit Choice</p>	<p><b>Hot Open Turkey Sandwich</b> Sliced Turkey with Gravy Over Slice of Whole Wheat Bread Green Beans</p>	<p><b>Pizza Bagel</b> Bagel Topped with Pizza Sauce and Low Fat Mozzarella Cheese Sweet Peas Fruit Choice</p>
<b>READ ACROSS AMERICA WEEK MARCH 1-5</b>				
<p><b>Chicken Patty Sandwich</b> All White Chicken Patty on Whole Wheat Bun Mixed Vegetables Fruit Choice</p>	<p><b>Brunch for Lunch</b> Egg Pattie w/Cheese On a Bagel Oven Tator Tots Fruit Choice</p>	<p><b>Meatball Sub</b> All Beef Meatballs Simmered in a Tomato Sauce Served in a Whole Whole Wheat Bun Green Beans Fruit Choice</p>	<p><b>Brunch for Lunch</b> French Toast Topped with Blueberries Oven Tator Tots Turkey Sausage Pattie Fruit Choice</p>	<p><b>Cheese Pizza</b> Whole Wheat Cheese Pizza Wedge with Low Fat Mozzarella Cheese Garden Green Beans Fruit Choice</p>
<b>Celebrate National Breakfast Week</b>				
<p><b>Chicken Parm</b> All White Chicken Patty Topped with a Hearty Tomato Sauce melted Mozzarella Cheese Side of Pasta Green Beans Fruit Choice</p>	<p><b>Cheddar Quesadilla</b> Cheddar Cheese in a soft Tortilla w/ Salsa Sweet Corn Spanish Rice Fruit Choice</p>	<p><b>Shamrock Day!</b> Fish Nuggets Tartar Sauce Green Apple Wear Green &amp; Get A Special Dessert Treat</p>	<p><b>Pasta, Pasta, Pasta</b> Spaghetti Topped With a Hearty Meat Sauce Sweet Green Peas Fruit Choice</p> <p><b>Pasta! Pasta!</b></p>	<p><b>Pizza Bagel</b> Bagel Topped with Pizza Sauce and Low Fat Mozzarella Cheese Tossed Garden Salad With Low Fat Dressing Fruit Choice</p>
<p><b>Tangerine Chicken</b> Strips of Breaded Chicken in a Sweet Sauce Served Over Rice Mixed Vegetable Fruit Choice</p>	<p><b>All Beef Hot Dog</b> All Beef Hot Dog Served on a Whole Wheat Roll Vegetarian Beans Fruit Choice</p>	<p><b>Turkey Ham &amp; Cheese Bagel Melt</b> Bagel with Thinly Sliced Turkey Ham &amp; Melted American Cheese Oven Baked Tator Tots Fruit Choice</p>	<p><b>Burger Mania</b> All Beef Cheeseburger On Whole Wheat Bun Oven Baked French Fries Fruit Choice</p>	<p><b>Cheese Pizza</b> Whole Wheat Cheese Pizza Wedge with Low Fat Mozzarella Cheese Mixed Vegetable Fruit Choice</p>
<p><b>Nugget Mania</b> Oven Baked Nuggets With Dipping Sauce Side of Noodles Sweet Carrots Fruit Choice</p>	<p><b>TACO TIME!</b> <b>Soft Turkey Taco</b> Seasoned Turkey Taco Rolled in Soft Tortilla Side of Salsa Seasoned Rice Sweet Corn Fruit Choice</p>	<p><b>Baked Ziti</b> Oven Baked Spiral Pasta In a Zesty Tomato Sauce &amp; Mozzarella Cheese With Wheat Dinner Roll Green Beans Fruit Choice</p> <p><b>Pasta! Pasta!</b></p>	<p><b>Spot 5 differences</b></p>	<p><b>Nutrition Safari!</b> an adventure in healthy eating</p>



**DID YOU KNOW**  
All Milk & Chicken Products are Antibiotic and Hormone Free!

Bread & Bread Products Are 100% Whole Grain and Contain No High Fructose Corn Syrup or Hydrogenated Oils!

Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are Fresh and Crisp!

**WE PURCHASE LOCAL!**  
\*We always use regional suppliers whenever seasonably available.

If you have any questions or would like additional information, please contact the food service director at 518-462-7322

Fruit & Veggie Of The Month  
**Zucchini**

**V=VEGETARIAN SELECTION**

**🍎=LOOK FOR HEALTHIER CHOICE**

**P=PORK PROD.**

\*If you have a food allergy, please speak to the owner, manager, chef or your server. \*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \*Menu is subject to change, notice posted when available.