



Have you ever been golfing? It may have a bad rep. to some, but it is actually pretty fun and enjoyable! You don't have to wear pink pants to golf, just borrow some clubs from a parent or friend and start hitting those golf balls. For beginners, it can be challenging just to hit the ball. Remember, the more you practice, more accurate your swing will be.

March 2010
City School District of
Albany Harriet Gibbons,
Abrookin and Philip Livingston
Lunch 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

Offered Daily: PBJ, Pizza and Cheeseburger





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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baked Chicken Crispy Oven Baked Chicken Whole Grain Dinner Roll Sweet Carrots Fruit choice</p>	<p>Burger Mania All Beef Cheeseburger On Whole Wheat Bun Sweet Corn Niblets Fruit Choice</p>	<p>Baked Macaroni & Cheese (V) Elbow Macaroni in a Creamy Cheese Sauce Mixed Vegetable Fruit Choice</p>	<p>Hot Open Turkey Sandwich Sliced Turkey with Gravy Over Slice of Whole Wheat Bread Green Beans Fruit Choice</p>	<p>Pizza Bagel (V) Bagel Topped with Pizza Sauce and Low Fat Mozzarella Cheese Sweet Peas Fruit Choice</p>
<p>Chicken Patty Sandwich All White Chicken Patty on Whole Wheat Bun Mixed Vegetables Fruit Choice</p>	<p>Brunch for Lunch (V) Egg Pattie w/Cheese On a Bagel Oven Tator Tots Fruit Choice</p>	<p>Meatball Sub All Beef Meatballs Simmered in a Tomato Sauce Served in a Whole Whole Wheat Bun Green Beans Fruit Choice</p>	<p>Brunch for Lunch French Toast Topped with Blueberries Oven Tator Tots Turkey Sausage Pattie Fruit Choice</p>	<p>Cheese Pizza (V) Whole Wheat Cheese Pizza Wedge with Low Fat Mozzarella Cheese Garden Green Beans Fruit Choice</p>
<p> Celebrate National Breakfast Week </p>				
<p>Chicken Parmesan All White Chicken Patty Topped with a Hearty Tomato Sauce melted Mozzarella Cheese Side of Pasta Green Beans Fruit Choice</p>	<p>Cheddar Quesadilla Cheddar Cheese in a Soft Tortilla w/ Salsa Sweet Corn Spanish Rice Fruit Choice</p>	<p>Shamrock Day! (P) Oven Baked Ham Slice Irish Green Beans Green Apple Wear Green & Get A free Pretzel Rod with Lunch Purchase</p> 	<p>Pasta, Pasta, Pasta Spaghetti Topped With a Hearty Meat Sauce Sweet Green Peas Fruit Choice</p>	<p>Pizza Bagel (V) Bagel Topped with Pizza Sauce and Low Fat Mozzarella Cheese Tossed Garden Salad With Low Fat Dressing Fruit Choice</p>
<p>Tangerine Chicken Strips of Breaded Chicken in a Sweet Sauce Served Over Rice Mixed Vegetable Fruit Choice</p>	<p>All Beef Hot Dog All Beef Hot Dog Served on a Whole Wheat Roll Vegetarian Beans Fruit Choice</p>	<p>Turkey Ham & Cheese Bagel Melt Bagel with Thinly Sliced Turkey Ham & Melted American Cheese Oven Baked Tator Tots Fruit Choice</p>	<p>Burger Mania All Beef Cheeseburger On Whole Wheat Bun Oven Baked French Fries Fruit Choice</p>	<p>Cheese Pizza (V) Whole Wheat Cheese Pizza Wedge with Low Fat Mozzarella Cheese Mixed Vegetable Fruit Choice</p>
<p>Nugget Mania Oven Baked Nuggets With Dipping Sauce Side of Noodles Sweet Carrots Fruit Choice</p>	<p>Soft Turkey Taco Seasoned Turkey Taco Rolled in Soft Tortilla Side of Salsa Seasoned Rice Sweet Corn Fruit Choice</p>	<p>Baked Ziti Oven Baked Spiral Pasta In a Zesty Tomato Sauce & Mozzarella Cheese With Wheat Dinner Roll Green Beans Fruit Choice</p>	<p>Fruit & Veggie Of The Month</p> <p>Zucchini</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 lunch office at 518-462-7322



Check out what we are doing to help save the environment. Visit www.Whitsons.com

V=VEGETARIAN SELECTION  **=LOOK FOR HEALTHIER CHOICE** **P=PORK PRODUCT**

*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.