

Student Lunch Price \$2.25  
 Reduced Lunch Price \$0.25  
 Adult Lunch Price \$3.75




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.


# City of Albany Middle Schools March 2010

## DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!  
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!  
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.  
 Most Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!  
 Vegetables are always fresh and crisp!  
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.



**Entrees Offered Daily**  
**Student Lunch Price \$2.25**  
**Reduced Lunch Price \$0.25**  
 All lunch's include fresh fruit & milk selection




**Fresh Pizza Offered Daily**  
 All Pizza made with Whole Wheat Dough & Low-fat, Part-Skim Cheese  
**Student Lunch Price \$2.25**  
**Reduced Lunch Price \$0.25**  
 All lunch's include fresh fruit & milk selection




**Grab N Go Deli Sandwich Variety Offered Daily .**  
**PBJ Offered Daily.**  
**Student Lunch Price \$2.25**  
**Reduced Lunch Price \$0.25**  
 All lunch's include fresh fruit & milk selection


Ham, Turkey, Salami, Bologna, American, Swiss, & Provolone Cheese, Lettuce, Tomato, Assorted Breads, Rolls and Wraps



**Ruby's Grill: Hamburger, Cheese Burger, Turkey Burger, Veggie Burger**  
**Student Lunch Price \$2.25**  
**Reduced Lunch Price \$0.25**  
 All lunch's include fresh fruit & milk selection



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



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Baked Chicken</b> <i>Crispy Oven Baked Chicken Whole Grain Dinner Roll Sweet Carrots Fruit choice</i>  <b>Pizza</b> Pasta	2 <b>Burger Mania</b> <i>All Beef Cheeseburger On Whole Wheat Bun Sweet Corn Niblets Fruit Choice</i>  <b>Pizza</b> Pepperoni	3 <b>Baked Macaroni &amp; Cheese</b> <i>Elbow Macaroni in a Creamy Cheese Sauce Mixed Vegetable Fruit Choice</i>  <b>Pizza</b> Macho Taco	4 <b>Sliced Turkey &amp; Gravy</b> <i>Sliced Turkey with Gravy Side of Garlic Mashed Potatoes Buttered Zucchini Fruit Choice</i>  <b>Pizza</b> Meat Lovers	5 <b>Buffalo Chicken Tenders</b> <i>All White Oven Baked Chicken Tenders Topped with a Tangy Hot Sauce Oven Baked French Fries Fruit Choice</i>  <b>Pizza</b> Cheeseburger
8 <b>Chicken Patty Sandwich</b> <i>All White Chicken Patty on Whole Wheat Bun Mixed Vegetables Fruit Choice</i>  <b>Pizza</b> Classic White	9 <b>Brunch for Lunch</b> <i>Cheddar Cheese Omelet Oven Tator Tots Fruit Choice</i>  <b>Pizza</b> Vegetable	10 <b>Meatball Sub</b> <i>All Beef Meatballs Simmered in a Tomato Sauce Served in a Whole Whole Wheat Bun Green Beans Fruit Choice</i>  <b>Pizza</b> Meatball	11 <b>Brunch for Lunch</b> <i>French Toast Topped with Blueberries Oven Tator Tots Turkey Sausage Pattie Fruit Choice</i>  <b>Pizza</b> Sausage Stromboli	12 <b>Mix It Up Day</b> <i>Baked Mozzarella Sticks And Baked Chicken Tenders Side of Dipping sauce Tossed Garden Salad With Low Fat Dressing Fruit Choice</i>  <b>Pizza</b> BBQ Chicken
15 <b>Chicken Parm</b> <i>All White Chicken Patty Topped with a Hearty Tomato Sauce melted Mozzarella Cheese Side of Pasta Green Beans Fruit Choice</i>  <b>Pizza</b> Chicken Ranch	16 <b>Cheddar Quesadilla</b> <i>Cheddar Cheese in a soft Tortilla w/ Salsa Sweet Corn Spanish Rice Fruit Choice</i>  <b>Pizza</b> Turkey Sausage	17 <b>Shamrock Day!</b> <i>Oven Baked Ham Slice Irish Green Beans Green Apple Wear Green &amp; Get A free Pretzel Rod with Lunch Purchase</i> 	18 <b>Pasta, Pasta, Pasta</b> <i>Spaghetti Topped With a Hearty Meat Sauce Sweet Green Peas Fruit Choice</i>  <b>Pizza</b> Salad	19 <b>Soup &amp; Sandwich</b> <i>Toasted Cheese Sandwich Served On Whole Wheat Bread With A Side of Chicken Noodle Soup Fruit Choice</i>  <b>Pizza</b> Veggie
22 <b>Tangerine Chicken</b> <i>Strips of Breaded Chicken in a Sweet Sauce Served Over Rice Mixed Vegetable Fruit Choice</i>  <b>Pizza</b> Tri-Pepper	23 <b>All Beef Chili Dog</b> <i>All Beef Hot Dog Served With Side of Turkey Chili on a Whole Wheat Roll Vegetarian Beans Fruit Choice</i>  <b>Pizza</b> Veggie Pizza	24 <b>Turkey Ham &amp; Cheese Bagel Melt</b> <i>Bagel with Thinly Sliced Turkey Ham &amp; Melted American Cheese Oven Baked Tator Tots</i>  <b>Pizza</b> Onion & Olive	25 <b>Double Taco</b> <i>Seasoned Ground Turkey Served in Taco Shell with Lettuce, Salsa and Cheese Spanish Rice Fruit Choice</i>  <b>Pizza</b> Chicken Parmesan	26 <b>Philly Cheese Steak</b> <i>All Beef Steak um Topped with Sauteed Onions and Melted American Cheese Served in a Garlic Wedge Roll Oven Fries Fruit Choice</i>  <b>Pizza</b> Basil & Garlic
29 <b>Nugget Mania</b> <i>Oven Baked Nuggets With Dipping Sauce Side of Noodles Sweet Carrots Fruit Choice</i>  <b>Pizza</b> Ham	30 <b>Soft Turkey Taco</b> <i>Seasoned Turkey Taco Rolled in Soft Tortilla Side of Salsa Seasoned Rice Sweet Corn Fruit Choice</i>  <b>Pizza</b> Chicken Parmesan	31 <b>Baked Ziti</b> <i>Oven Baked Spiral Pasta In a Zesty Tomato Sauce &amp; Mozzarella Cheese With Wheat Dinner Roll Green Beans Fruit Choice</i>  <b>Pizza</b> Steak & Cheddar	Fruit & Veggie Of The Month  <b>Zucchini</b>	

\*If you have a food allergy, please speak to the manager 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.