

# City of Albany High School





## Menu: March 15th-19th



**V** = Vegetarian

**S** = Smart Choices Healthy Entree

Student Lunch Price \$2.25

	MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 18th	FRIDAY 19th
	Melanzane Pizza <b>V</b> <i>fresh whole wheat pizza dough, lightly brushed with garlic and oil, with homemade pizza sauce, mozzarella cheese and roasted eggplant</i>	Bolognese Pizza <i>fresh whole wheat pizza dough, lightly brushed with garlic and oil, with homemade meat sauce and mozzarella cheese</i>	Chicken Cordon Bleu Pizza <i>fresh whole wheat pizza dough, lightly brushed with garlic and oil, with homemade pizza sauce, mozzarella cheese, strips of chicken and sliced ham</i>	Bacon Pizza <i>fresh whole wheat pizza dough, lightly brushed with garlic and oil, with homemade pizza sauce, mozzarella cheese and bacon</i>	Pepperoni Pizza <i>layers of thin pepperoni topped with mozzarella, grated parmesan, marinara sauce and oregano in whole wheat dough lightly brushed with garlic and oil</i>
AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough					
	Ruby's BBQ <i>tender, pulled bbq chicken, stuffed in a soft whole wheat bun, topped with your choice of bbq sauce</i>	Double Taco Tuesday <i>build your own soft taco soft whole wheat taco wrap with turkey, lettuce, tomato and shredded low fat cheese</i>	Chicken Stir-fry <i>julienne cut chicken and vegetables with our special blended sauce over steamed brown rice</i>	Turkey Dinner <b>S</b> <i>thinly sliced fresh turkey with mashed potatoes and mixed steamed vegetables served with warm whole grain dinner roll</i>	Chicken Taco Salad <i>crispy tortilla chips with shredded lettuce, diced tomato, beans, chicken, shredded cheddar cheese, sour cream and sliced jalapenos</i>
Look for our famous Coyote Grill & Rubys Flats that will rotate in each week.					
	Russian Melt <i>breaded chicken with melted cheese, sliced red onion and Russian dressing, served on a whole wheat roll</i>	Ham & Cheese Melt <i>juicy ham served with cheese on a soft whole wheat bun</i>	BBQ Chicken Sandwich <i>chicken patty with BBQ sauce, green leaf lettuce and tomato slices, served on whole wheat bun</i>	Turkey Gobbler <i>crisp breaded turkey cutlet topped with fresh brown gravy and mozzarella cheese on a soft whole wheat bun</i>	Tex Mex Burger <i>ground beef grilled to perfection, topped with mexi-beef, cheddar cheese, salsa and sour cream, on a soft whole wheat bun</i>
AVAILABLE DAILY: Cheeseburgers, Turkey Burgers & Veggie Burgers.					
	BLT Wrap <i>bacon, lettuce, tomato and American cheese in a whole wheat tortilla wrap</i>	The Athenian <b>V</b> <i>mixed iceberg, green leaf and red cabbage, cucumbers, tomatoes, sliced black olives, sweet red onion, feta cheese and geek dressing in a whole wheat tortilla</i>	Chicken Wrap <i>chicken strips, sliced American cheese and Caesar dressing in a whole wheat wrap</i>	Classic Turkey Wrap <i>sliced turkey, American cheese, lettuce and tomato on a whole wheat wrap</i>	Buffalo Chicken Sandwich <i>breaded chicken strips with lettuce, tomato and hot sauce on a whole wheat roll</i>

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE

AND MILK CHOICE (1% LOW-FAT MILK, SKIM MILK OR 1% LOW-FAT CHOCOLATE MILK)

AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN DINNER ROLL OR BREADSTICK, FRUIT CHOICE & MILK CHOICE

PLEASE NOTE THAT WHEN A PORK ITEM IS SERVED IT WILL BE NOTED ON THAT DAY OF SERVICE