

# City of Albany High School

## Menu: March 8th-12th



**V** = Vegetarian

**S** = Smart Choices Healthy Entree

Student Lunch Price \$2.25





MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

	<p>Double Cheese Pizza <i>fresh whole grain dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, mozzarella cheese and more mozzarella cheese</i> <b>V</b></p>	<p>Tri-Pepper Pizza <i>layers of fresh peppers, topped with mozzarella cheese, grated parmesan and marinara sauce, on fresh whole grain pizza dough, lightly brushed with garlic and oil</i> <b>V</b></p>	<p>Grandpa's Pizza <i>Fresh whole wheat pizza dough, lightly brushed with garlic and oil, with Grandpa's pizza sauce, mozzarella cheese and spinach</i> <b>V</b></p>	<p>Caesar Salad Pizza <i>fresh whole grain dough topped with pizza sauce, romaine lettuce, croutons and low fat Caesar dressing</i> <b>V S</b></p>	<p>Meat Lovers <i>fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, sliced meatballs, pepperoni and mozzarella, baked to perfection</i></p>
<p>AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough</p>					
	<p>Overstuffed Meatball Hero <i>all beef meatballs topped with homemade rich marinara sauce and melted mozzarella cheese</i></p>	<p>Chicken Fajitas <i>seasoned chicken with peppers and onions in our special fajita sauce, wrapped in a soft tortilla</i></p>	<p>Mission Beef Burrito <i>Mexi-beef, rice and beans, with shredded lettuce, pico de gallo and sour cream in a tortilla wrap</i></p>	<p>Taco Salad <i>Mexi beef over crisp nacho chips topped with your choice of shredded lettuce, pico d' gallo, sour cream and sliced olives</i></p>	<p>Sesame Beef and Broccoli Stir-fry <i>tender slices of beef stir-fried with broccoli florets and red onion with a savory garlic sauce served with brown rice</i></p>
<p>Look for our famous Coyote Grill &amp; Rubys Flats that will rotate in each week.</p>					
	<p>Chili Cheeseburger <i>all beef patty, topped with bean chili, melted cheddar cheese, green leaf lettuce and tomato, on a whole wheat bun</i></p>	<p>Chesapeake Chicken <b>S</b> <i>chicken patty, melted low fat mozzarella cheese, honey mustard dressing, leaf lettuce and tomato soft wheat roll</i></p>	<p>Turkey Pizziola <i>breaded turkey cutlet, topped with fresh oregano, marinara sauce and low fat mozzarella cheese on a soft whole wheat roll</i></p>	<p>Triple Decker Grilled Cheese <b>V</b> <i>layers of melted American cheese, toasted to perfection on whole wheat bread</i></p>	<p>Garden Burger <i>veggie burger topped with lettuce and tomato on a whole wheat bun</i> <b>V</b></p>
<p>AVAILABLE DAILY: Cheeseburgers, Turkey Burgers &amp; Veggie Burgers.</p>					
	<p>Asian Wrap <b>S</b> <i>grilled chicken strips, carrots and lettuce topped with general tso's sauce, in a whole wheat wrap</i></p>	<p>Garden Dagwood Wrap <b>V S</b> <i>roasted red peppers, mozzarella Cheese, lettuce and tomato with mayo, in a whole wheat wrap</i></p>	<p>French Quarter Dip <i>breaded cajun-style chicken, tomato, green leaf lettuce and mayo on a soft whole wheat bun</i></p>	<p>Classic Turkey Club Wrap <i>sliced turkey breast, crisp turkey bacon slices, leaf lettuce and tomato slices, in a whole wheat wrap</i></p>	<p>Ave Caesar <i>chicken breast, tomato slices, romaine lettuce and Caesar dressing on a whole wheat roll</i></p>

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