


Did you know that you don't have to eat fat-laden foods to enjoy rich flavorful menu choices? It's true, there are many ways you can substitute lower fat ingredients in your favorite foods. Try making your nachos with ground turkey instead of ground beef or maybe replace your ice cream topped with fudge for frozen yogurt topped with fresh fruit.

# September 2010 City School District of Albany Harriet Gibbons, Abrookin and Lunch Menu

<b>LUNCH PRICES</b>	
High & Middle Lunch Price	\$2.25
Reduced Lunch Price	\$ .25

<b>ALL STUDENT LUNCH INCLUDE</b>	
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Skim Milk, 1% Milk or Low Fat Chocolate Milk /Vegetable Choice Fruit Choice	

<b>HEALTHY LUNCH ALTERNATES</b>	
Monday: Turkey Sandwich	
Tuesday: Turkey Bologna Sandwich	
Wed: Turkey & Cheese Sandwich	
Thursday: Ham Sandwich	
Friday: Tuna Salad Sandwich	
Offered Daily: PBJ, Pizza and Cheeseburger	
<b>All Sandwiches served on Whole Wheat Bread All Cold Cuts are Turkey Based</b>	

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
<b>Labor Day</b> <b>Schools Closed</b>	<b>Welcome Back !! 7</b> Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Hot Diggity Dog</b> Sabrett's All Beef Hot Dog On a Whole Wheat Bun Vegetarian Baked Beans Fruit Cup	8 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Nugget Mania</b> All White Oven Baked Chicken Nuggets with Dipping sauce Sweet Garden Peas Fruit Cup	9 <b>Rosh Hashanah</b> <b>Schools Closed</b>	10 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Pizza Bagel</b> Pizza Bagel Topped with Low Fat Mozzarella Cheese Steamed Broccoli Fruit Cup
13 Turkey Caesar Salad Wheat Dinner Roll OR <b>Classic Chicken Patty Sandwich</b> All White Chicken Patty on a Whole Wheat Bun Mixed Vegetable Fruit Cup	14 Turkey Caesar Salad Wheat Dinner Roll OR <b>Soft Turkey Taco</b> Seasoned Turkey Taco served in a Soft Tortilla with Salsa and Cheese, Side of Brown Rice Sweet Corn Niblets Fruit Cup	15 Turkey Caesar Salad Wheat Dinner Roll OR <b>Burger Mania</b> All Beef Patty served on Whole Whole Wheat Bun Oven Baked Tator Tots Fruit Cup	16 Turkey Caesar Salad Wheat Dinner Roll OR <b>Baked Pasta</b> Baked Whole Grain Rotini in a Hearty Tomato Sauce topped with Low Fat Mozzarella Cheese Garden Salad w/Low Fat Dip Fruit Cup	17 Turkey Caesar Salad Wheat Dinner Roll OR <b>Whole Wheat Pizza Wedge</b> Whole Wheat Pizza Wedge With Low Fat Mozzarella Cheese Garden Green Beans Fruit Cup
20 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Baked Chicken Tenders</b> Oven Baked Chicken Tenders With Dipping Sauce Veggie Sticks with Low fat Dip Fruit Cup	21 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Brunch for Lunch</b> Egg Pattie on a whole Wheat Bagel topped with Melted. American Cheese Baby Carrots with Low Fat Dip	22 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Baked Mozzarella Sticks</b> Oven Baked Mozzarella Sticks With Dipping Sauce Tossed Garden Salad with Low Fat Dressing Fruit Cup	23 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Turkey Lo Mein</b> Diced Turkey Tossed with Broccoli, Shredded Carrots tossed Lightly in Soy Sauce served over soft Noodles	24 Tossed Garden Salad With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Whole Wheat Pizza</b> Whole Wheat Pizza with Low Fat Mozzarella Cheese Veggie Sticks w/Low Fat Dip Fruit Cup
27 Fruit & Cheese Salas Plate With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Baked Chicken Nuggets</b> Oven Baked Chicken Nuggets With Dipping Sauce Sweet Carrots Fruit Cup	28 Fruit & Cheese Salas Plate With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Ham &amp; Cheese Melt</b> (P) Ham Thinly Sliced topped with Melted Ameri- can Cheese On a Whole Wheat Bun Oven Baked French Fries	29 Fruit & Cheese Salas Plate With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Roast Turkey</b> Oven Roasted Turkey served With gravy and side of Egg Noodles Sweet Corn Niblets	30 Fruit & Cheese Salas Plate With Low Fat Cheese Whole Wheat Dinner Roll OR <b>Beef a Roni</b> Elbow Pasta Tossed with a Hearty Meat Sauce Garden Green Beans Fruit Cup	

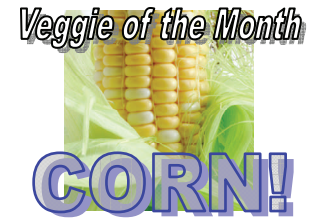
**DID YOU KNOW**  
All Milk & Chicken  
Products  
are Antibiotic and  
Hormone Free!

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!

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



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