

City of Albany High School Menu: September 13th-17th



V = Vegetarian

S = Smart Choices Healthy Entree

Student Lunch Price \$2.25

MONDAY 13th TUESDAY 14th WEDNESDAY 15th THURSDAY 16th FRIDAY 17th

	<p>Chicken Cordon Bleu Pizza fresh whole grain dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, low fat mozzarella, chicken and ham</p>	<p>Macho Taco Pizza taco seasoned turkey and cheese, with homemade pizza sauce, on whole grain dough</p>	<p>BBQ Chicken Pizza fresh whole grain dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and bbq chicken, baked to perfection</p>	<p>Mixed Veggie Pizza fresh whole grain dough lightly brushed with garlic and oil, topped with low fat mozzarella and mixed vegetables, baked to perfection</p>	<p>Ranchero Pizza fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and chicken baked to perfection and drizzled with ranch</p>
	<p>Chicken Tenders Baked Chicken Tenders with dipping sauce side of steamed brown rice Garden green beans</p>	<p>Taco Tuesday build your own soft taco soft whole wheat wrap with turkey, lettuce, and shredded low fat cheese and salsa</p>	<p>Chicken Parm Breaded chicken pattie topped with marinara sauce and low fat mozzarella cheese served with side of pasta</p>	<p>Quesadillas Seasoned turkey and shredded cheese rolled in a soft tortilla Brown rice with beans and Salsa</p>	<p>Oven Baked Chicken Crispy oven baked chicken, side of mashed potato, and sweet corn</p>
<p>Look for our famous Coyote Grill & Rubys Flats that will rotate in each week.</p>					
	<p>Heart Smart Burger turkey burger served on a whole wheat bun</p>	<p>Ham and Cheese Panini Melt slices of grilled ham, topped with melted American cheese, served on grilled whole wheat bread</p>	<p>All Beef Hot Dog Sabretts All Beef Hot Dog served in a whole wheat Bun</p>	<p>Bacon Cheeseburger all beef patty, topped with sliced bacon and American cheese, on a soft whole wheat bun</p>	<p>Turkey & Cheese Panini thin sliced turkey with mozzarella cheese on a whole wheat bread grilled to perfection</p>
	<p>Honey Mustard Chicken Wrap chicken breast strips, mozzarella cheese and shredded lettuce with honey mustard dressing, in a whole wheat wrap</p>	<p>Chicken Caesar Wrap chicken slices with romaine lettuce, cheese and low fat Caesar dressing, served in a whole wheat wrap</p>	<p>The Athenian mixed iceberg and romaine lettuce, cucumbers, sliced black olives, sweet red onion, feta cheese and geek dressing in a whole wheat tortilla</p>	<p>Classic Turkey Wrap fresh sliced turkey breast with cheese and shredded lettuce in a whole wheat wrap</p>	<p>Chicken Dagwood Wrap chicken strips, roasted red peppers mozzarella cheese and shredded lettuce in a whole wheat wrap</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