

# City of Albany High School





## Menu: September 20th-24th



**V** = Vegetarian

**S** = Smart Choices Healthy Entree

Student Lunch Price \$2.25

	MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
	Pepper Pizza <i>layers of peppers topped with mozzarella, grated parmesan, marinara sauce and oregano, with fresh whole grain pizza dough</i>	Meatball Pizza <i>fresh whole wheat dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and sliced meatballs, baked to perfection</i>	Hawaiian Pizza <i>fresh grain wheat dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, mozzarella cheese, grated parmesan, ham and pineapple</i>	Classic White Pizza <i>fresh whole grain dough lightly brushed with garlic and oil, topped with low fat mozzarella and ricotta, baked to perfection</i>	Meat Lovers Pizza <i>Classic pizza of thin crisp dough, tomato sauce, pepperoni, meatballs and turkey sausage topped with mozzarella cheese,</i>
AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough					
	Baked Macaroni & Cheese <i>Elbow macaroni baked in a creamy cheese sauce Served with mixed vegetables</i>	Nachos Grande <i>crisp nacho chips, spicy beef topping, shredded lettuce, cheese and salsa</i>	Philly Cheese Steak <i>thinly sliced beef grilled to perfection, with sautéed onions and peppers and melted cheese, served on a wheat club roll</i>	Overstuffed Meatball Hero <i>all beef meatballs topped with homemade marinara sauce and melted mozzarella cheese</i>	Mexi Burrito <i>seasoned beef, cheese, mexi bean rice in a whole wheat tortilla served with salsa</i>
Look for our famous Coyote Grill & Rubys Flats that will rotate in each week.					
	Mozzarella Burger <i>all beef patty topped with melted mozzarella cheese on a whole wheat bun</i>	Chicken Patty Melt <i>breaded chicken patty topped with melted American cheese, served on a whole wheat bun</i>	Double Cheese Panini <i>mozzarella and American cheese grilled on wheat bread</i>	Chicken Parmesan <i>breaded chicken patty with marinara sauce and low fat mozzarella cheese, on a soft whole wheat bun</i>	Veggie Burger <i>Vegetarian garden burger on a whole wheat bun</i>
AVAILABLE DAILY: Hamburgers, Cheeseburgers, Turkey Burgers & Veggie Burgers.					
	Buffalo Chicken Wrap <i>breaded chicken strips tossed in hot sauce with lettuce and cheese in a whole wheat Wrap</i>	Turkey Salad Wrap <i>chunks of white meat turkey with lettuce and American cheese on a whole wheat wrap</i>	BBQ Chicken Wrap <i>bbq chicken breast strips, cheese and shredded lettuce in a whole wheat wrap</i>	Chicken Ranchero Wrap <i>breaded chicken strips with lettuce and ranch dressing in a whole wheat wrap</i>	Tuna Salad Wrap <i>fresh chunky tuna salad with field greens served in a whole wheat wrap</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