

DID YOU KNOW...

All products sourced by Whitsons contain Zero Trans Fats. ● The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ● Meats, condiments and cheeses are all lean or low fat. ● Most entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Reimbursable Lunch Price \$2.50
 Reduced Lunch Price \$0.25
 Milk/Chocolate Milk \$0.50

LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Vegetable Choice/ Fruit Choice

AVAILABLE DAILY

Low Fat American Cheese Sandwich / Peanut Butter & Jelly Sandwich / Salad Plate/
Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast

Daily Choice:

Bagels, Fruit, Juice, Hot Breakfast

V=vegetarian ● =healthier choice ● P=pork

● If you have a food allergy, please speak to your Food Service Director or Lead Server.

● Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

● Menu is subject to change, notice posted when available.

● If you have any questions or would like additional information regarding this menu, please contact your food service director

Stephanie or Rich at
 518-475-6644.

WE PURCHASE LOCAL

Produce is purchased through regional suppliers

when seasonably available. Visit

www.Whitsons.com to see all that we are doing to help save the environment!



Variety of cold cut sandwiches



Three different topped pizzas daily



Hot meal of the day



Grab n Go chicken patties



Take care of your body and mind. Keep your body fit with exercise and feed it with healthy fuel, such as lean proteins, plenty of fresh vegetables and fruits and whole grains.

Albany Middle Schools

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Burger Bar</u> Choice of All Beef, Turkey, or Veggie Burger Lettuce, Tomato, and Cheese Oven Baked Tater Tots	2 <u>Meatball Parm</u> Meatballs Smothered in Marinara Sauce and low fat Mozzarella Cheese served on a Whole Wheat Roll Caesar Salad	3 <u>Burrito</u> Seasoned Meat, Cheese, Mexi Rice all rolled in a Soft Whole Wheat Tortilla Served with Salsa and Sour Cream Sweet Corn
		6 <u>Nachos Grande</u> Seasoned Ground Turkey w/ Lettuce, Salsa And Melted Cheese atop Tortilla Chips Sweet Corn	7 <u>Texas Riblet Melt</u> Boneless BBQ Rib on a Whole Wheat Bun Sweet Corn	8 <u>Steak & Cheese</u> Seasoned Steak with Peppers and Onions, & Cheese Sauce on a Whole Wheat Club Roll Side of Italian Vegetables
13 <u>Sauce and Toss Chicken</u> Golden Breaded Chicken Tossed in a Smoky BBQ Sauce or Buffalo Hot Sauce Vegetable Medley	14 <u>Valentine's Day DINNER</u> Fresh Carved Turkey with Gravy Bread Stuffing Garlic Mashed Potato	15 <u>Baked Penne</u> Whole Grain Penne W/ Meat Sauce Melted Mozzarella Breadstick Caesar Salad	16 <u>Fajita Flat</u> Seasoned Chicken with Peppers & Onions in a Whole Wheat Tortilla Sides of Salsa & Sour Cream Twisted Rice & Beans	17 <u>Soup & Sandwich</u> Chicken Noodle Soup Grilled Cheese and Tomato on Whole Grain Bread Oven Baked French Fries
20 School Closed	21 School Closed	22 School Closed	23 School Closed	24 School Closed
27 <u>Pepper Jack Mac & Cheese</u> Elbow Pasta Served in a Pepper Jack Cheese Sauce Baked to Perfection Sweet Peas	28 <u>Manager's Choice</u>	29 <u>Panini</u> Turkey and Cheese Or Turkey Ham and Cheese Oven Roasted Potatoes		



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Visit Our Virtual Cafeteria!
 Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?
 Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com