



City School District of Albany January 2024 Middle School Lunch Menu

*Fresh fruit & Baby Carrots available daily.

1

NO SCHOOL

2

WG Chicken Nuggets
Spicy Waffle Fries
WG Biscuit
Steamed Peas
Baby Carrots
Applesauce

3

Turkey Hotdog on WG Bun
Vegetarian Beans
Baby Carrots
Peach Cup

4

Sweet & Sour Chicken over WG Rice & WG Dinner Roll
Steamed Broccoli
Cucumber Coins
Pineapple

5

WG Cheesy Breadsticks w/ Dipping Sauce
Steamed Corn
Romaine Salad
Mixed Fruit

8

WG Corn Dog
Graham Crackers
Steamed Broccoli
Red Pepper Strips
Diced Pears

9

Turkey Taco
Turkey Taco Meat or Beans,
WG Tortilla Wrap,
Cheddar Cheese,
Lettuce, Sour Cream
& Salsa Pinto Beans
Baby Carrots
Applesauce

10

Chicken Tender
WG Dinner Roll & WG Cheez-It Crackers
Oven Baked Fries
Cucumber Coins
Peach Cup

11

WG Pasta with Meatballs
WG Garlic Breadstick
Steamed Green Beans
Broccoli Bites
Pineapple

12

Jerk Chicken Wrap
Sweet Potato Fries
Romaine Salad
Mixed Fruit

15

NO SCHOOL

16

Spicy Chicken Patty on WG Bun
Steamed Broccoli
Baby Carrots
Applesauce

17

Salad Bar
Choice of Buffalo, BBQ or Plain Popcorn
Chicken
Romaine Salad, WG Croutons and Assorted Toppings
WG Dinner Roll
Peach Cup

18

Burger Day (Beef, Veggie or Turkey) on a WG Bun
Spicy Waffle Fries
Cucumber Coins
Pineapple

19

WG Chicken Quesadilla
Black Bean
Red Pepper Strips
Mixed Fruit

22

Buffalo Chicken Wing Dip w/ Tortilla Chips
WG Breadstick
Celery Sticks
Baby Carrots
Diced Pears

23

Brunch For Lunch
WG French Toast Sticks
Chicken Sausage Patty
Smile Fries
Cucumber Coins
Applesauce

24

General Tso Popcorn Chicken over WG Rice & WG Dinner Roll
Steamed Peas
Red Pepper Strips
Peach Cup

25

Baked Potato Bar
Offered with Chili, Cheddar Cheese, Bacon Bits and Sour Cream
WG Biscuit
Steamed Broccoli
Baby Carrots
Pineapple

26

WG Cheesy Breadsticks w/ Dipping Sauce
Chick Pea Salad
Steamed Carrots
Mixed Fruit

29

Turkey Hotdog on WG Bun
Spicy Waffle Fries
Broccoli Bites
Diced Pears

30

Chicken Patty on WG Bun
Steamed Carrots
Cucumber Coins
Applesauce

31

Beef Nachos
WG Chips, Taco Meat, Cheddar Cheese Sauce
WG Dinner Roll
Black Beans
Celery Sticks
Peach Cup

8oz. Fat Free Chocolate, White and 1% Milk available Daily. Lactose/Dairy Free Milk available as needed. Alternate Daily Entrée: Cheese Pizza, Vegetarian Hummus Wrap, Chicken Salad and Veggie Salad w/ Dinner Roll, Nut and Jelly Uncrustable Sandwich served with Crackers and String Cheese, Cheese/Hamburger, Veggie Burger, Turkey Burger and an Assortment of Deli Sandwiches *

If you have any questions, please contact Lisa Perron Director of Food Service at 518-475-6644 x 4