

BREAKFAST MENU

September 2010 City School District Of Albany Satellite

Serving the following locations:PHES,DCS,19,NAA,SPA,SAA,EPES,MON,ALC,ABR,HG

BREAKFAST PRICES

Type A Breakfast \$1.25
 Reduced Breakfast \$.25
 Milk/Chocolate Milk \$.50

PREPAID BREAKFASTS AVAILABLE

10 Breakfasts=\$12.50
 20 Breakfasts=\$25.00
 30 Breakfasts=\$37.50

ALL STUDENT BREAKFAST INCLUDES

Skim Milk, 1% Milk or Low Fat
 Chocolate Milk /
 100% Juice

AVAILABLE DAILY



Low Fat American Cheese
 Sandwich

**If you have a food allergy, please speak to the 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 the food service director
 Joe at 518-462-7322*

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!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>Labor Day</i> <i>Schools Closed</i>	<i>Welcome Back!!</i> 7 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	8 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Low Fat American Cheese Sandwich 4 oz 100% Fruit Juice 1% Milk	9 <i>Rosh Hashannah</i> <i>Schools Closed</i>	10 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk
13 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	14 Whole Wheat Bagel with Cream Cheese & Jelly Or Yogurt with Whole wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	15 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Low Fat American Cheese Sandwich 4 oz 100% Fruit Juice 1% Milk	16 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	17 Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole Wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk
20 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	21 Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks with Whole Wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	22 Whole Grain Assorted Cereals Whole Wheat Bread Slice Or Low Fat American Cheese Sandwich 4 oz 100% Fruit Juice 1% Milk	23 Whole Grain Assorted Cereals With Graham Crackers Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	24 Whole Wheat Bagel with Cream Cheese & Jelly Or Yogurt with Whole Wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk
27 Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	28 Whole Wheat Bagel with Cream Cheese & Jelly Or Yogurt with Whole Wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	29 Whole Grain Assorted Cereals Whole Wheat Bread Slice Or Low Fat American Cheese Sandwich 4 oz 100% Fruit Juice 1% Milk	30 Whole Grain Assorted Cereals With Graham Crackers Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	

DID YOU KNOW? Milk & Chicken products are hormone & antibiotic free - All dressings are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Pancakes