

# City of Albany High School





## Menu: September 27th-October 1st



**V** = Vegetarian

**S** = Smart Choices Healthy Entree

Student Lunch Price \$2.25

	MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 1st
	Three Cheese Pizza seasoned ricotta, low fat mozzarella cheese and grated parmesan, marinara sauce and oregano, with fresh whole grain pizza dough	Everything Pizza Classic pizza of thin crisp dough, tomato sauce, pepperoni, meatballs, onions and peppers topped with mozzarella cheese	Broccoli Pizza fresh whole wheat grain dough lightly brushed with garlic and oil, topped with pizza sauce, low fat mozzarella and chopped broccoli, baked to perfection	Mushroom Pizza layers of thin mushrooms, topped with mozzarella, grated parmesan, marinara sauce and oregano in fresh whole grain pizza dough, lightly brushed with garlic and oil	Turkey Sausage Pizza fresh whole grain dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, low fat mozzarella and chunks of sweet turkey sausage
AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough					
	Sauce and Toss Chicken breaded chicken tossed in your choice of buffalo or bbq sauce	Taco Tuesday build your own soft taco soft whole wheat wrap with turkey, lettuce, and shredded low fat cheese and salsa	Austin Steak Twister with peppers and onions, barbecue sauce in a tortilla	Cheese Quesadillas shredded cheese melted in a soft tortilla served with brown rice with beans and Salsa	Turkey Fajita Seasoned turkey with peppers and onions in our special fajita sauce wrapped in a soft tortilla wrap, steamed rice
Look for our famous Coyote Grill & Rubys Flats that will rotate in each week.					
	Heart Smart Burger turkey burger served on a whole wheat bun	Chesapeake Chicken chicken patty melted low fat mozzarella cheese, honey mustard dressing served on a soft wheat roll	American Combo Panini slices of turkey & ham, topped with melted American cheese, served on grilled whole wheat bread	BBQ Chicken chicken patty smothered in BBQ sauce served on a soft wheat roll	Buffalo Chicken Sandwich chicken breast with buffalo hot sauce, served on whole wheat bun
AVAILABLE DAILY: Hamburgers, Cheeseburgers, Turkey Burgers & Veggie Burgers.					
	Honey Mustard Chicken Wrap chicken breast strips, mozzarella cheese and shredded lettuce with honey mustard dressing, in a whole wheat wrap	American Combo Wrap turkey ham, turkey, American cheese and lettuce in a whole wheat wrap	Chicken Caesar Wrap chicken slices with romaine lettuce, cheese and low fat Caesar dressing, served in a whole wheat wrap	Love at First Delight roasted turkey breast, slices of American cheese, lettuce, and Russian dressing, on a whole wheat roll	Classic Chicken Wrap chicken breast strips with cheese and shredded lettuce on a whole wheat wrap

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