

BREAKFAST MENU

February 2012 City School District Of Albany Satellite

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST PRICES

Type A Breakfast \$1.50
 Reduced Breakfast \$.25
 Milk/Chocolate Milk \$.50

PREPAID BREAKFASTS AVAILABLE

10 Breakfasts= \$15.00
 20 Breakfasts=\$30.00
 30 Breakfasts=\$45.00

ALL STUDENT BREAKFAST INCLUDE

Skim Milk, 1% Milk or 1/2%
 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 Rich or Stephanie 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!



6	7	8	9	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	Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Sausage (Beef) & Cheese on a Whole Grain Biscuit 4 oz 100% Fruit Juice 1% Milk	Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Bagel Full with Cream Cheese 4 oz 100% Fruit Juice 1% Milk	Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk
13	14	15	16	17
Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Egg & Cheese on a Whole Grain Biscuit 4 oz 100% Fruit Juice 1% Milk	Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Bagel Full with Cream Cheese 4 oz 100% Fruit Juice 1% Milk	Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole Wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk
20	21	22	23	24
School Closed	School Closed	School Closed	School Closed	School Closed
27	28	29		
Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Whole Wheat Bagel with Cream Cheese & Jelly 4 oz 100% Fruit Juice 1% Milk	Whole Wheat Bagel with Cream Cheese & Jelly Or Cheese Sticks Whole wheat Bread Slice 4 oz 100% Fruit Juice 1% Milk	Whole Grain Assorted Cereals With Whole Wheat Bread Slice Or Sausage (Beef) & Cheese on a Whole Grain Biscuit 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 & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary