

City School District of Albany May Middle School Lunch Menu (Myers, Hackett & North Albany)

*Fresh Fruit & Baby Carrots Available Daily.

3

Turkey Tacos

Turkey Taco Meat, WG Shell, Cheddar Cheese, Pinto Beans Salsa & Sour Cream Red Pepper Strips WG Dinner Roll Peach Cup

Sweet & Sour Chicken over WG Rice & WG Dinner Roll Steamed Broccoli Celery Sticks Pineapple

WG Cheesy Breadsticks Steamed Green Beans Caesar Side Salad Mixed Fruit

6 WG Chicken Tenders WG Dinner Roll & WG Cheez-It Crackers Steamed Carrots **Cucumber Coins Diced Pears**

Burger Day (Beef, Veggie or Turkey) on a WG Bun Vegetarian Beans Broccoli Bites **Applesauce**

BBQ Oven Roasted Chicken **Mashed Potatoes** w/ Creamy Coleslaw **Baby Carrots** WG Biscuit Peach Cup

Salad Bar Choose from WG Popcorn Chicken (Plain or Spicy) Romaine Salad, WG Croutons, WG Dinner Roll & **Assorted Toppings** Cauliflower Bites

Pineapple

ersonal Pan Pizza Choice of Cheese or Pepperoni on 7inch Romaine Side Salad **Baby Carrots** Mixed Fruit

13G Boneless Chicken Wings (Plain, BBQ or Buffalo) WG Dinner Roll

WG Cheez-it Crackers Vegetarian Beans **Baby Carrots Diced Pears**

14 Brunch for Lunch

WG French Toast Sticks Chicken Sausage Patty Smile Fries **Cucumber Coins Applesauce**

15 Chicken Krispito

Seasoned, Diced Chicken & Cheeses Rolled in Crispy WG **Tortillas** Steamed Corn Red Pepper Strips Peach Cup

16 WG Cheesy Breadsticks Steamed Green **Beans Broccoli Bites** Pineapple

WG Fish Sandwich on WG Bun Steamed Peas WG Belly Bear Crackers Romaine Salad Mixed Fruit

Loaded Tots

WG Popcorn Chicken, Diced Turkey Bacon, Cheddar Cheese Sauce & Scallions over Tater Tots WG Cheez-it Crackers **Baby Carrots Diced Pears**

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NO SCHOOL

PD DAY

22

Burger Day (Beef, Veggie or Turkey) on a WG Bun Vegetarian Beans Broccoli Bites Peach Cup

23

Buffalo Chicken Wing Dip w/ Tortilla Chips WG Breadstick Celery Sticks **Baby Carrots** Pineapple

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NO SCHOOL

27 NO SCHOOL

MEMORIAL DAY

28

NO SCHOOL

29

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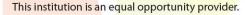
NO SCHOOL

Turkey Hotdog on WG Bun Chickpea Salad **Baby Carrots** Pineapple

Baked Ziti w/ WG Penne Pasta WG Garlic Breadstick Broccoli Bites Steamed Green Beans Mixed Fruit

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



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