

February 2021

Albany Secondary School

LUNCH



School Information: MENU SUBJECT TO CHANGE WITHOUT NOTICE.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Cheesy Bread with Meat Sauce **1**
California Blend Veggies
Fresh Veggies
Fresh/Canned Fruit
Chef Salad

Tuesday

Spaghetti with Meatballs and Sauce **2**
Broccoli
Fresh Veggies
Fresh/Canned Fruit
Summer Sausage Sandwich

Wednesday

Pork Steak **3**
Mashed Potatoes with Gravy
Cooked Carrots
Dinner Roll
Fresh/Canned Fruit
Build your own Pita

Thursday

Chicken Nuggets **4**
Baby Baker Potatoes
Steamed Peas
Fresh/Canned Fruit
Dinner Roll
Hamburger on a Bun

Friday

At Home Learning Day **5**

Cooks Choice **8**

Cheese Pizza **9**
Corn
Bread Slice
Fresh Veggies
Fresh/Canned Fruit
Taco Salad

Tator Bowl with Mashed Potatoes, Gravy & Corn **10**
Dinner Roll
Fresh Veggie
Fresh/Canned Fruit
Hot Ham & Cheese Sandwich

NO SCHOOL **11**

NO MEALS

NO SCHOOL **12**

NO MEALS

NO SCHOOL **15**

NO MEALS

Mini Corn Dogs **16**
Smile Potatoes
Fresh Veggies
Fresh/Canned Fruit
BBQ Rib Patty on a Bun

Cheese Quesadilla **17**
California Blend
Fresh Veggies
Fresh/Canned Fruit
Cheese Pull A-parts

Pepperoni Pizza **18**
Green Beans
Fresh Veggies
Fresh/Canned Fruit
Chef Salad

At Home Learning Day **19**

Hamburger on a Bun **22**
Cheese Slice
Baked Beans
Fresh Veggies
Fresh/Canned Fruit
Taco Salad

Breaded Chicken Patty on a Bun **23**
Baked Bun
Fresh Veggies
Fresh/Canned Fruit
Summer Sausage Croissant

Taco in a Bag **24**
Taco Fixings
Corn
Fresh/Canned Fruit
BBQ Rib Patty on a Bun

Burrito Bowl with Corn Salsa **25**
Black Beans
Fresh Veggies
Fresh/Canned Fruit
Spicy Chicken Patty on a Bun

At Home Learning Day **26**

