

# SEPTEMBER 2022

## Albany Area Elementary

### LUNCH



**School Information:** Fresh fruit and veggies will be offered to your student on a daily basis.

**\*\*Menu subject to change without notice**



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



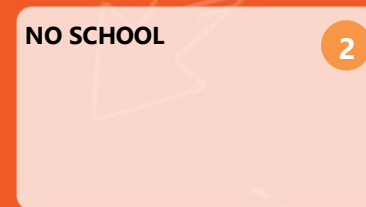
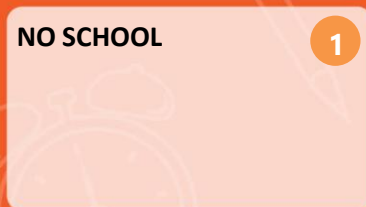
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Labor Day

5

Pizza  
Corn

6

OR Turkey Sandwich

Day 2

Ham Patty  
Peas

7

OR Bologna Sandwich

Day 3

Nachos  
Refried Beans

8

OR Summer Sausage Sandwich

Day 4

Sloppy Joe  
Chips

9

OR Ham & Turkey Sandwich

Day 5

Hot Dog  
Baked Beans  
OR Ham Sandwich

12

Day 1

Chicken Wrap  
Peas  
OR Turkey Sandwich

13

Day 2

Sausage & Pancakes  
Tri-Tater  
OR Bologna Sandwich

14

Day 3

Chicken Nuggets  
Fries  
OR Summer Sausage Sandwich

15

Day 4

Pizza Crunchers  
Green Beans  
OR Ham & Turkey Sandwich

16

Day 5

Mandarin Orange Chicken  
OR Ham Sandwich

19

Day 1

Quesadilla  
Mixed Veggie  
OR Turkey Sandwich

20

Day 2

Cook's Choice  
OR Bologna Sandwich

21

Day 3

Chicken Patty  
Carrots  
OR Summer Sausage Sandwich

22

Day 4

Corn Dog  
Smile Potatoes  
OR Ham & Turkey Sandwich

23

Day 5

Chicken Haystack  
OR Ham Sandwich

26

Day 1

Cheese Bread  
Green Beans  
OR Turkey Sandwich

27

Day 2

Tacos w/ Fixings  
OR Bologna Sandwich

28

Day 3

Chicken Alfredo  
Broccoli  
OR Summer Sausage Sandwich

29

Day 4

Burgers  
Baby Bakers  
OR Ham & Turkey Sandwich

30

Day 5