

# SEPTEMBER 2022

## Albany Area Secondary

### LUNCH



**School Information:** Fresh fruit and veggies are offered to your student daily  
**\*\*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.



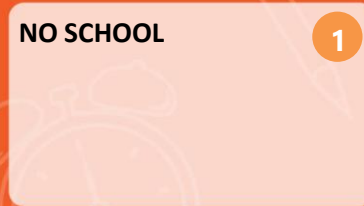
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**Labor Day**  
**NO SCHOOL**

5

BBQ Rib Sandwich  
Baked Beans

6

Tater Bowl  
Corn

7

Nachos  
Fiesta Blend Veggies

8

Alfredo with Breadstick  
Broccoli

9

Chicken Patty  
Cali Blend Veggies

12

Corn Dogs  
Fries

13

Cook's Choice

14

Hamburger Gravy  
Mashed Potatoes

15

Pizza Crunchers  
Broccoli

16

Hot Dog  
Peas

19

Mandarin Orange  
Chicken  
4-way Veggies

20

Chicken Wrap  
Potato Salad

21

Cheesy Bread with Meat  
Sauce  
Mixed Veggies

22

Pizza  
Carrots

23

Popcorn Chicken  
Fries

26

Burger  
Baby Bakers

27

Pulled Pork Sandwich  
Baked Beans

28

Chicken Nuggets  
Smile Potatoes

29

Bosco Sticks  
Cali Blend Veggies

30