



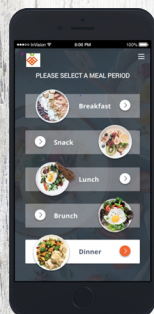
# Welcome to our Lunch Cafe

# Albany High School

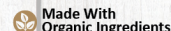
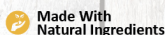
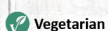
November 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mozzarella Sticks Pasta with Sauce Sweet Corn Fresh Baby Carrots Fruit Salad Fat Free Chocolate Milk	2 Herb Roasted Chicken Whole Wheat Dinner Roll Glazed Carrots Cucumber Coins Fresh NY Local Apple Fat Free Chocolate Milk	3 Buffalo Chicken Sandwich Baked Beans Fresh Baby Carrots Fresh Orange Fat Free Chocolate Milk	4 Famous Chili Cheese Fries Whole Wheat Dinner Roll Animal Crackers Broccoli Florets Diced Pear Cup Fat Free Chocolate Milk	5 Classic Cheese Pizza Garden Salad Fresh Baby Carrots Ranch Dressing Applesauce Fat Free Chocolate Milk
8 Walking Taco Black Beans Fresh Baby Carrots Ranch Dressing Mixed Fruit Fat Free Chocolate Milk	9 Sausage, Egg and Cheese Sandwich Crispy Potato Puffs Cucumber Coins Fresh NY Local Apple Fat Free Chocolate Milk	10 Shredded BBQ Turkey WW Burger Bun Chickpea Salad Fresh Baby Carrots Fresh Orange Fat Free Chocolate Milk	11	12 Cheesy Stuffed Bread Sticks Caesar Salad Broccoli Florets Applesauce Fat Free Chocolate Milk
15 Turkey Hot Dog on Bun Sweet Potato Fries Fresh Baby Carrots Mixed Fruit Fat Free Chocolate Milk	16 Chicken Fajita Shredded Cheddar Cheese Brown Rice Pilaf Black Beans Cucumber Coins Strawberry Cup Fat Free Chocolate Milk	17 Chicken Nuggets Whole Wheat Pretzel Sweet Corn Fresh Baby Carrots Fresh Orange Fat Free Chocolate Milk	18 Cheeseburger Mac & Cheese Steamed Peas Broccoli Florets Diced Pear Cup Fat Free Chocolate Milk	19 Classic Cheese Pizza Garden Salad Green Beans Applesauce Fat Free Chocolate Milk
22 Mozzarella Sticks Pasta with Sauce Whole Wheat Dinner Roll Sweet Corn Fresh Baby Carrots Fruit Salad Fat Free Chocolate Milk	23 Roasted Turkey with Gravy Whole Wheat Dinner Roll Animal Crackers Fluffy Mashed Potatoes Cucumber Coins Fresh NY Local Apple Fat Free Chocolate	24	25	26
29 Homemade Baked Pasta with Cheese  Whole Wheat Dinner Roll Caesar Salad Fresh Baby Carrots Fruit Salad Fat Free Chocolate	30 Cheeseburger Crispy Potato Puffs Cucumber Coins Fresh NY Local Apple Fat Free Chocolate Milk	<div> <p><b>HARVEST of the MONTH</b></p> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div>		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



\*Consuming raw or under cooked 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. This institution is an equal opportunity provider.