

# Three Village Central School District JHS Menu - October 2017

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 Chicken Nuggets Fluffy Brown Rice Gravy Broccoli Applesauce Milk	3 Quesadilla Salsa/Sour Cream Lettuce, tomato Golden Corn Black Beans Grapes Milk	4 Choice of Burger Whole Wheat Bun Ketchup Lettuce & Tomato French Fries Peach cup Milk	5 Meatball Hero Mozzarella Cheese Marinara Sauce Tossed Salad Ranch Dressing Apple Milk	6 Papa John's Pizza Fresh Roasted Zucchini Two Bean Salad Mixed Fruit Cup Milk
9 <b>Columbus Day</b>  <b>National School Lunch Week October 10<sup>th</sup>-13<sup>th</sup></b>	10 <b>BRUNCH FOR LUNCH</b> French Toast Sticks Syrup Sausage Patty/string cheese Glazed Carrots Chilled Peach cup Milk	11 SOUP DAY!!! Chicken noodle served with Turkey Wrap Cheese, lettuce, tomato, Bacon (optional) Sweet Potato Fries Frozen Strawberry Cup Milk	12 Grilled or Breaded Chicken Tossed salad Warm Garlic Bread Stick Fresh Fruit Salad Milk	13 Papa John's Pizza Celery Sticks & LF French Dressing Bean salad Pear cup Milk
16 Chicken Strips Fluffy Brown Rice Gravy Golden Corn Peach Cup Milk	17 Pasta Meatballs Marinara Sauce Broccoli French Bread/butter Grapes Milk	18 Beef Nachos with Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Frozen strawberry cup Milk	19 Cheesy Stuffed Bread Sticks Marinara Sauce Green Beans Peach cup Milk	20 Papa John's Pizza Roasted Seasoned Cauliflower Two bean salad Cinnamon Apple sauce Milk
23 Chicken Nuggets Mashed Potatoes Gravy Broccoli Mixed Fruit Cup Milk	24 Mini pancakes Syrup Canadian Ham/string cheese Glazed Carrot Circles Grapes Milk	25 Meatloaf Mashed Potatoes Gravy Warm Bread Stick Banana Milk	26 Pepperoni Pinwheel (like a calzone) Tomato Sauce Tossed Salad Fresh Fruit Salad Milk	27 Papa John's Pizza Cucumber Slices / dressing Two Bean Salad Pear Cup Milk
30 Popcorn Chicken BBQ dipping Sauce Or Ketchup Warm Bread Stick Carrot circles Apple sauce Milk	31 SOUP DAY!!! Grilled Cheese w/wo Bacon Steamy Tomato Soup Tater Tots Frozen Fruit Cup Milk	<p><b>Join us for Breakfast in the cafeteria when you get off the bus \$2.00 (reduced price .25) Breakfast Includes, Grain/Meat (meat alternative) Fruit/Vegetable, Milk</b></p>		

**Child Nutrition Services 730-4505**  
We would love to hear from you. Please email your  
comments and menu suggestions to:  
childn@3villagecsd.k12.ny.us

Pre-Payments can be made via Credit Card at  
MySchoolBucks.com

If you prefer to send a check into school with your  
child, please make check payable to  
"Three Village Cafeteria Fund"

### NEW Lunch Prices

**Lunch \$3.25**

**Reduced \$0.25**

**Please note:** To receive lunch at these prices,  
students are required to choose at least three of  
the five lunch components offered, and one  
component selected **Must be a fruit or  
vegetable**, a *la carte* pricing will be in effect for  
all other selections. *Complete meals are  
healthier and cost less!!*

The five components offered daily are:  
**Meat or meat alternative/ Grain /Vegetable/ Fruit/ Milk**

**Hot Alternate Option "of the day" comes  
with the day's sides, and milk**

- \* Mon – Pizza
- \* Tue – Burger or cheeseburger on a bun
- \* Wed – Meatball hero
- \* Thurs - Spicy Chicken on a bun

**Cold Alternatives available  
Comes with the day sides, and milk**

- \* Assorted Sandwiches
- \* Assorted Salads (Tues. Wed. Thurs.)
- \* Bagel Lunch (with cheese sticks and/or yogurt)

\*\*\*\*\***Boars Head Lunch \$4.25**\*\*\*\*\*

Available on Wednesdays  
Fresh made to order sandwiches

**Baby Carrots/Seasonal Fresh Fruit**  
may additionally be offered based on availability.  
**Hot & Cold Breakfast Available Daily**

\*Menu subject to change, Changes are posted on  
the child nutrition page of the district website