


# \*Three Village Central School District JHS Menu

## September 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>
<b>Welcome Back!</b> 	5 Chicken Nuggets Fluffy Brown Rice Gravy Broccoli Applesauce Milk	6 Choice of Burger Whole Wheat Bun Ketchup Lettuce & Tomato Tater Tots Grapes Milk	7 Meatball Hero Mozzarella Cheese Marinara Sauce Fresh Roasted Parmesan Cauliflower Apple Milk	8 Big Daddy's Pizza Fresh Cucumber Slices & LF Ranch Dressing Two Bean Salad Mixed Fruit Cup Milk
11 Chicken Smackers Mashed Potatoes Gravy Biscuit Peach Cup Milk	<b>BRUNCH FOR LUNCH</b> 12 French Toast Sticks Syrup Sausage Patty Glazed Carrots Applesauce Milk	13 Grilled or Breaded Chicken Tossed salad Warm Garlic Bread Stick Fresh Fruit Salad Milk	14 Beef Nachos with Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Pineapple Tidbits Milk	15 Papa John's Pizza Celery Sticks & LF French Dressing Fresh Pear Milk
18 Popcorn Chicken Fluffy Brown Rice Gravy Green Beans Peach Cup Milk	19 Pasta Meatballs Marinara Sauce Broccoli French Bread Grapes Milk	20 Papa John's Pizza Cherry Tomatoes and & LF Ranch Dressing Two Bean Salad Frozen Strawberry cup Milk	21 SCHOOL CLOSED	22 SCHOOL CLOSED
25 Spicy Chicken Strip Wrap Lettuce & Tomato Ranch dressing Green Beans Mixed Fruit Cup Milk	26 Mac & Cheese Steamed Broccoli Dinner Roll Grapes Milk	27 Mini pancakes Syrup Sausage Glazed Carrot Circles Applesauce Milk	28 Mozzarella Sticks Marinara Sauce or Salsa Warm Breadstick Golden Corn Frozen Fruit cup Milk	29 Papa John's Pizza Cucumber Slices / dressing Two Bean Salad Pear Cup Milk

**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  
 Choose from: Assorted Cereals, Bagels, Pancakes, Egg sandwiches, Smoothies etc.

**Welcome Back.**  
**We would like to wish all Three Village students a fruitful school year.**

**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  
(NOTE: The Auto Fund Option does shut down early June)

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**. If less than three of the meal components are selected, or a vegetable or fruit is not taken, *a la carte* pricing will be in effect. *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 – Mozzarella Sticks and Marinara Sauce
- \* 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