

*Three Village Central School District JHS Menu

November 2018

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | | | 1 Chicken Strip Wrap with cheese & lettuce Caesar dressing Roasted Zucchini Apple Milk | 2 Domino's Pizza Tossed Salad & LF Ranch Dressing Peach Cup Milk |
| 5 Popcorn Chicken Bowl Mashed Potatoes Gravy Golden Corn Cheddar Cheese Orange Milk | 6 SCHOOL CLOSED | 7 French Bread Pizza Garlic Broccoli Fruit Cup Milk | 8 Brunch for Lunch French Toast Sticks Syrup String Cheese Glazed Carrots Fruit Cup Milk | 9 Domino's Pizza Celery Sticks & LF French Dressing Roasted Chick Peas Peach Cup Milk |
| 12 SCHOOL CLOSED | 13 Mozzarella Sticks Marinara Sauce Warm Bread Stick Seasoned Roasted Cauliflower Applesauce Milk | 14 Chicken Taco Crunchy Chips Golden Corn Black Beans Salsa, Sour Cream Fruit Cup Milk | 15 Hot Open Face Pulled Turkey & Gravy on Whole Wheat Bread w/Cranberry sauce Stuffing Green Beans Apple Milk | 16 Domino's Pizza Tomatoes and dip Two Bean Salad Peach Cup Milk |
| 19 BBQ Chicken Cutlet On a Roll Broccoli Orange Milk | 20 Pizza Tossed Salad LF Dressing Applesauce Milk | 21 SCHOOL CLOSED | 22 SCHOOL CLOSED | 23 SCHOOL CLOSED |
| 26 Chicken Patty on a Bun w/wo cheese BBQ or Ketchup Tater tots Orange Milk | 27 BBQ Ribette On a Club Roll Homestyle Baked Beans Applesauce Milk | 28 Choice of Burger on On a Roll Sweet potato fries Fruit Cup Milk | 29 Pasta Meatballs Marinara & Mozzarella Cheese Garlic Bread Broccoli Apple Milk | 30 Domino's Pizza Fresh Cucumber Slices & LF Ranch Dressing Two Bean Salad Peach Cup Milk |

Child Nutrition Services 730-4505
We would love to hear from you. Please email your
comments and menu suggestions to:
childn@3villagescd.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"

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 – Spicy chicken on a bun
- * Wed – Sandwich Bar (Boars head Lunch
option for \$4.25)
- * Thurs – Mozzarella sticks, dipping sauce

**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

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.

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