

*Three Village Central School District JHS Menu

October 2018

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Fluffy Brown Rice Gravy Golden Corn Peach Cup Milk	2 Mozzarella Sticks Dipping Sauce Whole Wheat Bread Stick Seasoned Roasted Zucchini Apple Milk	3 Grilled or Breaded Chicken Tossed salad Soft Baked Pretzel Fresh Fruit Salad Milk	4 Brunch For Lunch Mini Pancakes Syrup String Cheese Glazed Carrots Applesauce Milk	5 Domino's Pizza Fresh Cucumber Slices & LF Ranch Dressing Two Bean Salad Mixed Fruit Cup Milk
8 SCHOOL CLOSED	9 Chicken Smackers Broccoli Biscuit Peach Cup Milk	10 Pasta Meat sauce Tossed Salad Dressing Grapes Milk	11 Beef Nachos with Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Crisp Fresh Pear Milk	12 Domino's Pizza Celery Sticks & LF French Dressing Roasted Chick Peas Apple Milk
15 Popcorn Chicken Fluffy Brown Rice Gravy Green Beans Apple Milk	16 Grilled Cheese w/wo Bacon Tomato Soup Sweet Potato Fries Peach Cup Milk	17 Quesadilla (cheese & sauce) Lettuce, tomato, beans Sour cream, salsa, Golden Corn Grapes Milk	18 Roast Beef & Mozzarella Melt On a Roll Broccoli Orange Milk	19 Domino's Pizza Tomatoes and dip Two Bean Salad Fresh Pear Milk
22 BBQ Chicken Cutlet On a Bun Broccoli Pineapple Milk	23 French Toast Sticks Syrup String Cheese Glazed Carrots Cinnamon Apples Milk	24 Choice of Burger On a Bun Seasoned Roasted Potato Wedges Grapes Milk	25 Chicken strip Wrap with cheese & lettuce Caesar dressing Green beans Orange Milk	26 Domino's Pizza Cucumber Slices / dressing Two Bean Salad Pear cup Milk
29 Chicken Patty on a Bun w/wo cheese BBQ or Ketchup Tater tots Mixed Fruit Cup Milk	30 Cheezy Bread Sticks Dipping Sauce Green Beans Apple Milk	31 Mac & Cheese Carrot Circles Black Beans in dressing Orange Slices Milk Cookie Treat		

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