

*Three Village Central School District JHS Menu

October 2019

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rosh Hashanah Schools Closed	2 Brunch For Lunch Mini Pancakes Syrup String Cheese Glazed Carrots Applesauce Milk	3 Chicken tenders Fluffy Brown Rice BBQ Sauce Golden Corn Peach Cup Milk	4 Domino's Pizza Fresh Cucumber Slices & LF Ranch Dressing Two Bean Salad Mixed Fruit Cup Milk
7 Popcorn Chicken Fluffy Brown Rice Gravy Green Beans Applesauce Milk	8 Meatball Hero Mozzarella cheese Broccoli Peach Cup Milk	9 Yom Kippur Schools Closed	10 Beef Nachos with Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Apple Milk	11 Domino's Pizza Celery Sticks & LF French Dressing Roasted Chick Peas Pears Milk
14 Columbus Day Schools Closed	15 Chicken Tenders Warm Breadstick Green Beans Mixed Fruit Cup Milk	16 French Toast Sticks Syrup Chicken filet Sweet Potato Fries Orange Milk	17 Pasta Meat sauce Sauce & cheese also available Tossed Salad Dressing Apple Milk	18 Domino's Pizza Tomatoes and dip Two Bean Salad Fresh Pear Milk
21 Chicken Breast Filet w/wo Cheddar On a Bun BBQ Sauce Broccoli Pineapple Milk	22 Grilled Cheese w/wo Bacon Tomato Soup Green Beans Apple Milk	23 Choice of Burger On a Bun Seasoned Roasted Potato Wedges Peach cup Milk	24 Beef Taco Crunchy Chips Golden Corn Black Beans, salsa Mixed fruit cup Milk	25 Domino's Pizza Cucumber Slices / dressing Two Bean Salad Pear cup Milk
28 Chicken Smackers BBQ or Ketchup Tater tots Warm Bread Stick Mixed Fruit Cup Milk	29 French Toast Sticks Syrup Yogurt Sweet Potato Fries Cinnamon Apples Milk	30 Mac & Cheese Broccoli Orange Slices Milk	31 Chicken strip Wrap Cheese & lettuce w/wo Bacon Caesar dressing Green beans Fresh Fruit Salad 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 – Oct 2 Spicy Chicken on a bun (Oct 16, 23, 30) 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