

Three Village Central School District JHS Menu

October 2021

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE Due to Manufacturer Shortages and Delivery Delays this menu may need to be changed on very short notice. When possible we post changes in advance on the Child Nutrition Portion of the District Website.				1 Big Daddy's Pizza Carrots & Celery LF Ranch Dressing Pears Milk
4 BBQ Chicken Biscuit Golden Corn Applesauce Milk	5 Mozzarella Sticks Marinara Sauce Green Beans Apple Milk	6 French Toast Sticks Syrup Glazed Carrots Orange Slices Milk	7 Beef Taco Soft Shell or Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Pear Cup Milk	8 Big Daddy's Pizza Tossed Salad LF Dressing Peach cup Milk
11 NO SCHOOL	12 Chicken Fajita Corn Black Beans Cheddar Cheese Salsa, Sour Cream Tortilla Cinnamon applesauce Milk	13 Sloppy Joe On a Bun Fries Peach cup Milk	14 Meatball Hero Mozzarella Cheese Marinara Sauce Broccoli Mixed Fruit Milk	15 Big Daddy's Pizza Veggies LF Ranch Dressing Fresh Pear Milk
18 Popcorn Chicken Rice Glazed Carrots Apple Milk	19 Burger Whole Wheat Bun Ketchup Lettuce & Tomato Baked Beans Fries Peach cup Milk	20 Seasoned Grilled Chicken Tossed Salad Cheddar Cheese Dressing Warm Pretzel Orange Milk	21 Mac and Cheese Cheezy garlic bread Broccoli Fruit Salad Milk	22 Big Daddy's Pizza Roasted Cauliflower Peach cup Milk
25 Roasted Chicken Mashed Potatoes Gravy Biscuit Cinnamon applesauce Milk	26 Pulled Turkey In BBQ Sauce Soft Roll Seasoned Potato Wedges Apple Slices Milk	27 Burger Whole Wheat Bun Ketchup Lettuce & Tomato Baked Beans Peach cup Milk	28 Meatballs Pasta Sauce, Mozz optional Green Beans Orange Milk	29 Big Daddy's Pizza Tossed Salad LF Dressing Peach cup Milk

Join us for Breakfast in the cafeteria when you get off the bus
 Breakfast Includes: Grain/Meat (meat alternative), Fruit/Vegetable, Milk
 Choose from: Assorted Cereals, Bagels, Pancakes, Egg sandwiches, Smoothies etc.

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

SCHOOL MEALS ARE NO COST

Normal Price of Lunch \$3.40
 Reduced \$ 0

Please note: To receive lunch at NO COST 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. The five components offered daily are:
Meat or meat alternative/ Grain /Vegetable/ Fruit/ Milk

Alternate Option "of the day" comes with vegetable, fruit, and milk

- * Assorted Sandwiches
 - * Assorted Salads
 - * Bagel Lunch (with cheese sticks and/or yogurt)
 - * PBJ Uncrustable with string cheese and pretzels
- Pizza, Burger, spicy chicken may also be offered depending on availability

*****Boar's Head Deli Bar Lunch*****

Available on Wednesdays
 Sandwiches with premium cold-cuts
 A variety to select from,
 Made fresh for you!!
 Deli Bar Sandwiches are accompanied by milk and the vegetable and fruit of the day

Baby Carrots/Seasonal Fresh Fruit
 offered based on availability.

Hot & Cold Breakfast Available Daily at NO COST.

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