



Welcome to the Three Village  
Central School District

**Lunch Program**

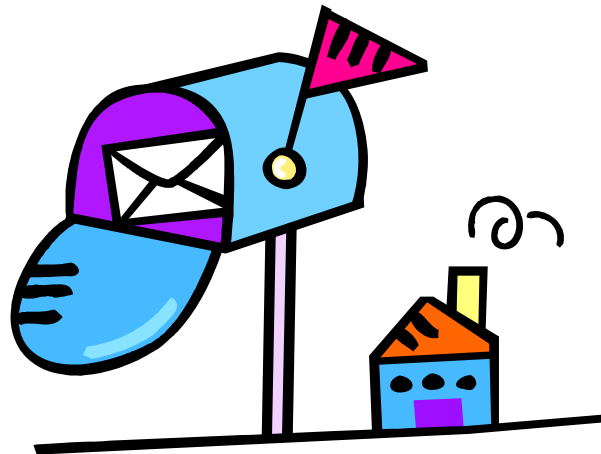
I would like to personally welcome you and your child to Three Village Central School District (TVCS D). As your child begins an exciting journey here at TVCS D, I would like to take you on a tour of the lunch cafe. In doing so, I hope to alleviate any questions or concerns you may have about school lunch.

If, after viewing this presentation, you have any questions, please do not hesitate to contact the Child Nutrition Office.  
The best time to reach us is between 8:00-2:30.

Jean Ecker, SNS  
Director of Child Nutrition  
631-730-4505  
[childn@3villagecsd.org](mailto:childn@3villagecsd.org)



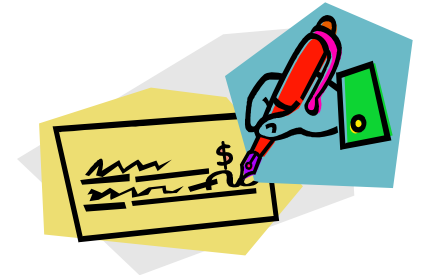
Each kindergarten child will receive a letter from us in August, with a 4 DIGIT bar code number. This will be the number assigned to your child to use on the lunch line during their elementary school years. The line moves quickly when a child uses their bar code, but don't worry if they forget their number, we can always look their number up by their name.



If they change elementary school buildings, we will assign your child a new bar code number.

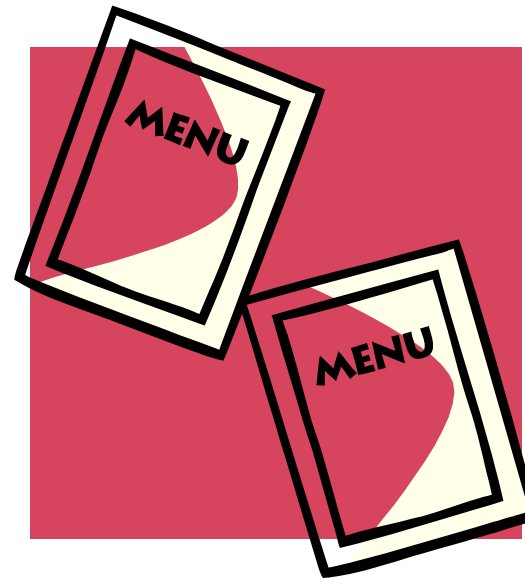
You can prepay for your child's lunch and alleviate the stress of having lunch money ready each day. This can be done in one of three ways:

1. You can prepay by credit card. Go to [mylunchmoney.com](http://mylunchmoney.com) and put money on your child's account with your credit card. You will need the name of their school, your child's date of birth and their customer ID, found on the letter sent to you in August. Please note that this number is different than the bar code. My lunch money allows you to view the last 7 days of lunch activity and you can limit the \$ amount your student spends each day, or limit them to lunch only. You set the controls.
2. You can send a check with your child to school to be handed to the food service cashier on the lunch line. Please make your check payable to TVCSD Cafeteria Fund. Please note on the check your child's name and bar code.
3. You can send in cash. Please put this money in an envelope and write your students name and "School Lunch" on the envelope . Your child will hand this to the food service cashier on the lunch line.  
We do prefer if you send a check or pay with a credit card at [Mylunchmoney.com](http://Mylunchmoney.com).



**Menus are posted each month. They can be viewed by going to [Threevillagecsd.org](http://Threevillagecsd.org) and clicking on “Our District”, then clicking on “Child Nutrition”.. If you don’t see something on the menu you would like, give us a call. We recommend parents review the menu with their students and discuss the meal components they will select.**

**It may be helpful at first to go over with your student what they would like to have for lunch before they go to school.**



**Now your student enters the lunch café and they are greeted by the food service employees. If the student has choices and lets the server know what they would like on their tray, the food service worker prepares the main (usually a hot lunch) tray for them. They will ask them do they want chicken, rice and/or string beans, etc. The student must select a vegetable and/or fruit with a complete meal.**



**The food service worker then hands the student their tray and the student moves down the line.**



**As they move down the line, if the student did not choose the main entrée for lunch, they can choose to get a sandwich, salad, yogurt lunch, etc. They can also get their fruit or cold vegetable and cold condiments like cream cheese, butter, etc.**



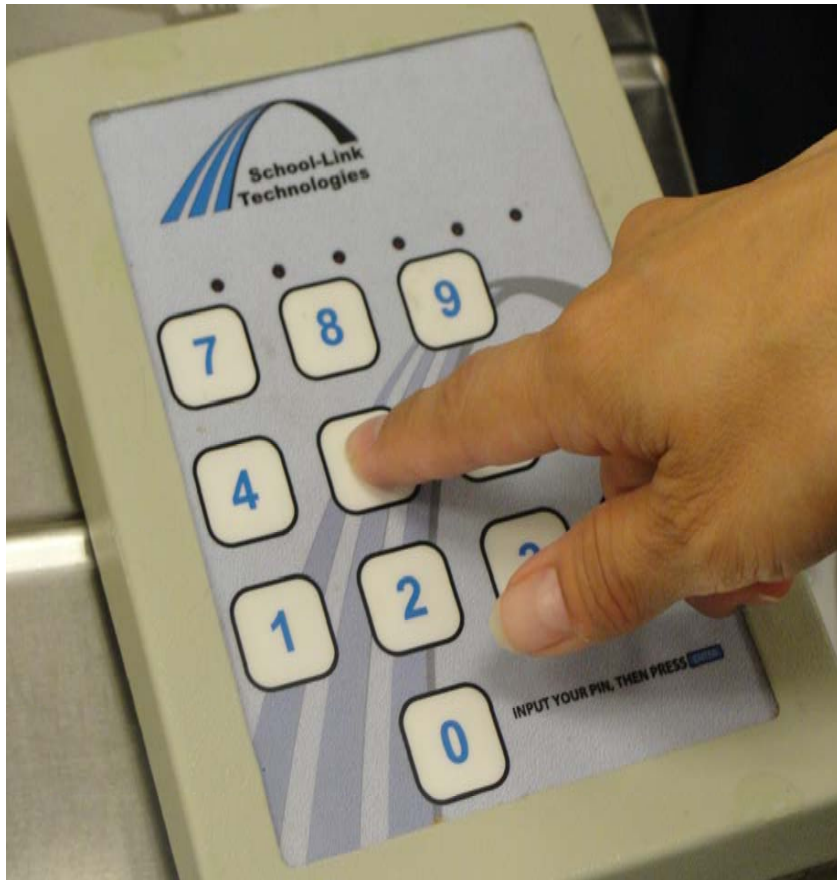


**After the student gets their lunch and any cold condiments, they move down the line. Don't forget your milk.**



**In some schools they get their milk first from a milk cooler.**

**Now the student gets to the end of the line and if they use their prepaid account, they punch in their bar code on the pin pad. If they have a check or cash, they hand it to the food service cashier.**



**The students love to punch in their bar code number and learn quickly how to do this. If they forget their number we can look them up by name.**

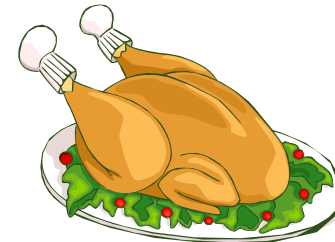
**Once they leave the lunch café and come out with their tray to sit, they can stop at the table and get their utensils, napkins and condiments like ketchup.**



# The Lunch Menu shows the main entrée for the day.

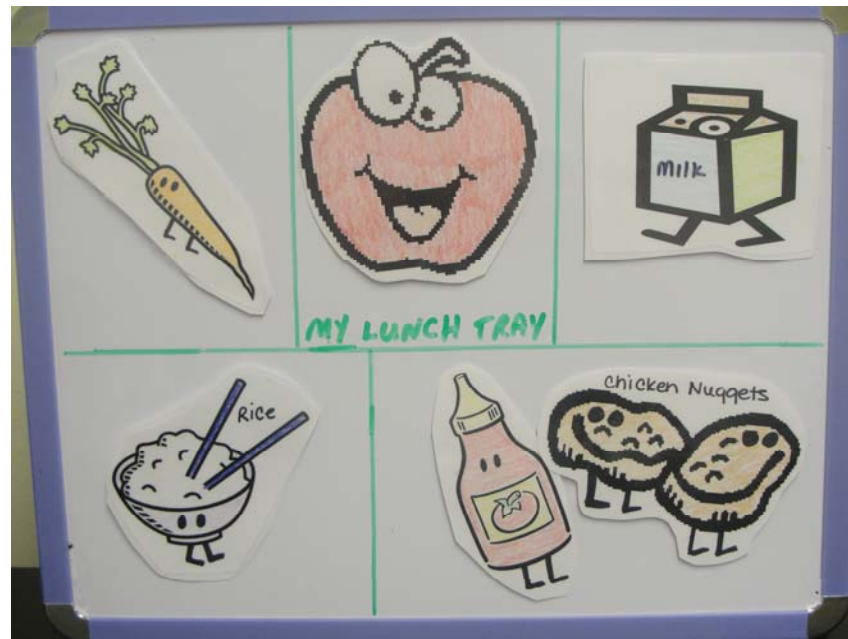
Your student may not want the main entrée we are offering that day and they can choose from other items and can choose some of the main entrée and something else. In any case, they need to take 3 of the 5 groups of food offered in order to be considered a complete lunch. The five groups that are offered are:

- Meat/Meat Alternative-chicken, meat, cheese or yogurt
- Fruit-1/2 cup (or more) or a piece of fresh fruit or 100% fruit juice
- Grains-brown rice, whole wheat bread, rolls and pasta
- Vegetables-1/2 cup (or more)
- Milk-They can choose 1% white or fat free chocolate or strawberry



The food service workers check the students tray and will ask them to take an additional item if necessary so that they have at least 3 components.

It may be helpful to review with your child what they are going to have for lunch the next day. There are many choices.



The tray above has chicken nuggets, brown rice, carrots, apple and milk (5 components).

**When you child is through eating they place their tray on the counter at the dishwasher opening.**



# This ends our tour.

- We hope this answers some of the questions you and your child may have about the school lunch program. If you have any further questions, please do not hesitate to contact us.

