


Three Village Central School District Elementary Menu

Students must select a fruit or vegetable for a complete meal

October, 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta Meatballs Marinara Sauce Parmesan Cauliflower Fresh Fruit Salad Milk	2 Personal Pizza Cherry Tomatoes LF Ranch Dip Peach cup Milk
5 Popcorn Chicken Mashed Potatoes Gravy Biscuit Apple Sauce Milk	6 Taco Crunchy Shells Lettuce & Tomato Sour Cream Salas, Golden Corn Pineapple Tidbits Milk	7 Brunch for Lunch Mini Pancakes, Syrup String Cheese Sticks Glazed Carrots Banana Milk	8 Mac & Cheese Steamed Broccoli Grapes Milk	9 Pizza Triangle Fresh Steamed Zucchini Medley Two Bean Salad Pear cup Milk
12 Columbus Day School Closed 	13 Chicken Nuggets Fluffy Brown Rice Gravy Green Beans Frozen Strawberry Cup Milk	14 Grilled Chicken over Tossed Salad Dressing Garlic Bread Stick Crisp Red Apple Milk	15 Choice of Burger Whole Wheat Bun Ketchup Lettuce and Tomato Seasoned Roasted Potatoes Fresh Pear Milk	16 Pizza Bagel Crunchy Celery Sticks LF Ranch Dipping Chessman Salad Mixed fruit cup Milk
NATIONAL SCHOOL LUNCH WEEK DON'T FORGET TO SUBMIT YOUR FAVORITE LUNCH MENU				
19 Chicken Patty On a Whole Wheat Bun Ketchup Green Beans Peach Cup Milk	20 Mozzarella Sticks Marinara Sauce Whole Wheat Breadstick Broccoli Banana Milk	21 Pizza Quesadilla Lettuce & Tomato Black Beans Salsa Golden Corn Crisp Red Apple Milk	22 Turkey Wrap with Bacon, Cheese & Lettuce LF Ranch Dressing Steamed Carrots Fresh Fruit Salad Milk	23 Pizza Wedge Cucumber Slices LF Italian Dressing Pear Cup Milk
26 Chicken Dippers Fluffy Brown Rice Golden Corn Frozen Peach cup Milk	27 Brunch For Lunch Mini Pancakes Syrup Sausage Patty Glazed Carrots Banana Milk	28 Grilled Cheese Sandwich Tomato Soup Broccoli Frozen fruit juice Bar Milk BELL RINGER DAY	29 Meatball Hero Tossed Salad LF Italian Dressing Crisp Red Apple Milk	30 Personal Pizza Green Beans Two Bean Salad Pear Cup Milk

Child Nutrition Services 730-4505

We would love to hear from you. Please email your comments and menu suggestions to:
childn@3villagescd.org

Pre-Payments by credit card can be made 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 PRICES

Lunch \$2.50 Reduced price \$0.25
Milk \$0.60



Please note: Students are encouraged to select a complete meal. Students are required to choose at least three of the five components offered **one component selected must be a vegetable or fruit**. If less than three 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:

- (1) Meat or meat alternative, (2) Grain
- (3) Vegetable, (4) Fruit, (5) Milk

Alternate Lunch Options

All include the fruit and vegetable of the day and milk

- **Sandwich** (offered Daily) on Whole Wheat Bread Choice of Turkey, Ham, or Cheese
- **PBJ with cheese stick or yogurt**
- **Wheat Bagel** Choice of, American cheese, cheese stick(s), and/or yogurts

Baby Carrots are available each day as a fresh vegetable option

Apples are in Season and Available Daily

This institution is an equal opportunity employer.