

Three Village Central School District JHS Menu - September, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
7 Labor Day Schools Closed	8 Superintendent's Conference Day Schools Closed for Students	9 Chicken Fingers Green Beans OR "Burger" French Fries Applesauce	10 *Mozzarella Sticks w/Marinara Sauce Tossed Salad OR Turkey Bacon Swiss Wrap w/Lettuce & Tomato Pears	11 Papa John's Pizza *Cheese or Pepperoni Baby Carrots Ranch Dressing Peaches
14 Chicken Fingers Garlic Bread Stick Corn OR Burger French Fries Applesauce	15 Caesar Salad w/Grilled Chicken Pita Bread OR *Personal Pizza Caesar Salad Peaches	16 Meatball Hero Mixed Italian Veggies OR Spicy Chicken Patty on a whole wheat bun Lettuce & Tomato Fresh Apple	17 Pasta w/Meat Sauce Green Beans OR Ham & Cheese Croissant Green Beans Pears	18 Papa John's Pizza *Cheese or Pepperoni Assorted Crunchy Veggies w/French Dressing Mixed Fruit
21 Teriyaki Chicken Dippers Brown Rice & Gravy Green Beans OR Burger French Fries Peach cup	22 Taco Bar w/choice of Lettuce, Tomato, jalapeno, olives, cheese, chips OR *Cheese Quesadillas Sliced Tomatoes w/Ranch Dressing Pears	23 Greek Salad w/Grilled Chicken Pita Bread OR Spicy Chicken Tender Wrap w/Lettuce & Tomato Orange	24 *Mac & Cheese Spinach Salad w/Raspberry Vinaigrette Dressing Mixed fruit cup OR *Yogurt, Cheese Wedges, Fresh Fruit & Graham Crackers	25 Papa John's Pizza *Cheese or Pepperoni Carrot Sticks Italian Dressing Peaches
28 BBQ "Rib-b-Cue" on a Club Roll Steamed Carrots OR Burger French Fries Applesauce	29 *French Toast Sticks Sausage Patty** OR Grilled Chicken Caesar Wrap Fruit juice bar Banana	30 BBQ Chicken Drummies Steamed Carrots Dinner Roll OR Grilled Chicken Club w/bacon and cheese on a whole wheat hamburger bun Pears		

Child Nutrition Services 730-4505

We would love to hear from you. Please email your comments and menu suggestions to: childn@3villagecsd.k12.ny.us

Credit Card Payments can be made at Mylunchmoney.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	\$2.00
Reduced	.25
Milk	.60

Please check the child nutrition section of the school website for additional information and charge policy.

Milk is Available Daily (Included with Lunch)



1%,
LowFat Chocolate,
Low Fat Strawberry

Available Daily
Assorted Sandwiches
Salads
Bagels
Yogurt

Add the fruit/vegetable of the day and a milk for a nutritious lunch.

Hot & Cold Breakfast Available Daily

Cold Breakfast	\$1.00
Hot Breakfast	1.25

Al a Cart - Smart

Most snacks, drinks, and ice cream will meet the "Choose Sensibly" guidelines set forth by the NYS School Food Service Association. This program provides the education component to help students learn to make a "sensible choice". The guidelines are as follows:

Fat = 7 grams or less
Saturated Fat = 2 g or less
Sodium = 360 mg or less
Sugar = 15 g or less