








# Three Village Central School District Elementary Menu -

## February, 2012

\*Vegetarian

Menu Subject to Change

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>FEBRUARY IS AMERICAN HEART MONTH</b> 		<b>1</b> <b>Brunch for Lunch*</b> French Toast Sticks With Syrup Sausage or Cheese Sticks Glazed Carrot Circles Peach Cup Milk	<b>2</b> Meatball Hero Marinara Sauce Mozzarella Cheese Three Bean Salad Green Beans Frozen Fruit Juice Bar Pear Cup Milk	<b>3</b> Personal Pizza* Cucumber Slices Baby Carrots Low Fat French Dressing Bananas Milk
<b>6</b> Chicken Patty Whole Wheat Bun Ketchup Green Beans Pear Cup Heartzel Healthy Pretzels Milk	<b>7</b> Grilled Cheese* Turkey Noodle Soup Goldfish Crackers Broccoli Tangerine Milk	<b>8</b> Choice of Burger Whole Wheat Bun Lettuce/Tomato Ketchup Baked Beans Banana Frozen Orange Sherbet Milk	<b>9</b> Pasta* Meat or Marinara Sauce Caesar Salad Low Fat Dressing Garlic Bread Applesauce Milk	<b>10</b> NY Style Pizza* Carrot Sticks Low Fat French Dressing Mixed Fruit Cup Elf Grahams Snack Milk
<b>13</b> Chicken Nuggets Fluffy Brown Rice Gravy Whole Wheat Biscuit Peas and Carrots Pineapple Tidbits Milk	<b>14</b> <b>Happy Valentine's Day</b>  <b>Brunch For Lunch*</b> Pancakes with Syrup Sausage Patty (or Cheese Stick) Sweet Potato Puffs Frozen Strawberry Cup Milk <b>LUCKY TRAY DAY</b>	<b>15</b> Mozzarella Sticks* Marinara Sauce Broccoli Warm Whole Wheat Bread Stick Orange Slices Fruited Red Jell-O Milk	<b>16</b> Taco on Crunchy Shells with Cheese, Sour Cream Lettuce, Tomato, Black Beans, Salsa Golden Hot Corn Apple Milk	<b>17</b> Big Daddy's Pizza* Crisp Fresh Vegetables (Broccoli, Celery and Carrots) Low Fat Ranch Dressing Peach Cup Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Mid Winter Recess</b>			<b>Schools Closed</b>	
<b>27</b> Chicken Smackers Fluffy Brown Rice Gravy Whole Wheat Breadstick Broccoli Pear Cup Milk	<b>28</b> Tomato Soup Chicken and Cheese Quesadilla Roasted Chick Peas Sour Cream, Lettuce, Tomato, Salsa Orange Smiles Milk	<b>29</b>  <b>Leap Year</b> Popcorn Chicken Crisp Fresh Spinach and Romaine Salad Low Fat Ranch Dressing Tater Tots/Ketchup Whole Wheat Pretzel Mixed Fruit Cup Milk		<b>Healthy Heart</b>  <b>Healthy You</b>

**February is American Heart Month. Whole Grains provide vitamins and fiber that will help to keep your heart Healthy. Keep your refrigerator filled with greens, fruits, and healthy snacks to choose from.**

**Child Nutrition Services 730-4505**

We would love to hear from you. Please email your comments and menu suggestions to: [childn@3villagesd.k12.ny.us](mailto:childn@3villagesd.k12.ny.us)

Credit Card Payments can be made at [Mylunchmoney.com](http://Mylunchmoney.com)

If you prefer to send a check into school with your child, please make check payable to "Three Village Cafeteria Fund"

### NEW LUNCH PRICES

Lunch \$2.25      Reduced price \$0.25  
Milk \$0.60



### **Alternate Lunch Options**

**All include fruit and vegetable of the day as well as milk**

- Sandwich on whole wheat bread  
Choice of Tuna, Turkey, Ham, or Cheese.
- PB & J Uncrustable (whole wheat)
- Wheat bagel with cheese stick(s) and/or yogurt
- Yogurt w/Graham Crackers
- **Salad Platters Available**  
(Tues. Wed. & Thurs)  
Fresh Tossed Salad with your choice of Tuna, or Cheese with fruit and bread sticks

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Baby Carrots are available each day as a fresh vegetable option

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All snacks now meet or exceed the US Healthy Challenge guidelines

### CHOOSE SENSIBLY

In our elementary schools, all snacks must 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**