








# Three Village Central School District HS Menu - February , 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>FEBRAURY IS AMERICAN HEART MONTH</b> 		1 Roast Beef and Mozzarella Melt Garlic Bread Glazed Carrot Circles Banana Milk	2 Pasta* Marinara or Meat Sauce Garlic Bread Tossed Salad Low Fat Italian Dressing Pear Cup Milk	3 Dominos Pizza* Cucumber Slices Baby Carrots Low Fat Ranch Dressing Pasta Salad Peach Cup Milk
6 Chicken Nuggets Ketchup or BBQ Sauce Fluffy Brown Rice Gravy Golden Corn Whole Wheat Biscuit Pear Cup Milk	7 Rib-A-Que Whole Wheat Club Roll Macaroni and Cheese Broccoli Tangerine Milk	8 Tomato Soup Popcorn Chicken Crisp Green Salad Low Fat Ranch Dressing Whole Wheat Garlic Bread Stick Gold Fish Crackers Banana Milk	9 Meatball Hero Marinara Sauce Mozzarella Cheese Italian Mixed Vegetables Frozen Fruit Juice Bar Applesauce Milk	10 Dominos Pizza* Cucumber Slices Low Fat French dressing Golden Corn Mixed Fruit Cup Milk
13 Chicken Parmesan Marinara Sauce Mozzarella Cheese Whole Wheat Kaiser Roll Peas and Carrots Pineapple Tidbits Milk	 14 Happy Valentines Day Chicken Caesar Wrap Sweet Potato Puffs Fruited Red Jell-O Frozen Strawberry Cup Milk	15 Mozzarella Sticks* Marinara Sauce Broccoli Warm Whole Wheat Bread Stick Orange Milk	16 Chicken and Cheese Quesadillas Sour Cream, Salsa, Lettuce, Tomato, Beans Golden Hot Corn Cinnamon Applesauce Milk	17 Dominos Pizza* Crunchy Fresh Veggies (Broccoli, Carrots, and Celery) Hearty Pasta Bean Salad Low Fat Italian Dressing Peach Cup Milk
20	21	22	23	24
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Mid Winter Recess</b> </div>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Schools Closed</b> </div> </div>				
27 Popcorn Chicken BBQ or Ketchup Mashed Potatoes Gravy Steamed Broccoli Whole Wheat Breadstick Pear Cup Milk	28 Philly Cheese Steak Club Roll Healthy Cole Slaw Orange Milk	 29 <b>Leap Year</b> Sloppy Joe Club Roll Golden Corn Crisp Fresh Spinach and Romaine Salad Low Fat Ranch Dressing Mixed Fruit Cup Milk		

\* Vegetarian

MENU SUBJECT TO CHANGE

Whenever possible changes will be announced in school and Posted on our website

**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@3villagecsd.k12.ny.us](mailto: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	\$ 2.75
Reduced	\$ .25
Milk	\$ .60
Adult Lunch	\$ 3.75 + tax
Adult Milk	\$ .60 + tax

### Milk is Available Daily (Included with Lunch)

1%, Low Fat Chocolate, Low Fat Strawberry

### Other Items Available Daily

Hamburgers/Cheeseburgers/Veggie Burgers  
 Spicy Chicken Patty, Taco Bar  
 Assorted Sandwiches  
 Variety of Salads

### NEW SUPER LUNCH OPTION

Premium cold cuts & meat on  
 your choice of hero bread

Choose one of our Specialty combinations or build your own!

Please email us your favorite hero combinations!!

### BABY CARROTS AVAILABLE DAILY AS A VEGETABLE OPTION

### Hot & Cold Breakfast Available Daily

Cold Breakfast 1.50 Hot Breakfast 1.75

Additional information, including the Student Meal Account Policy can be found on the Child Nutrition section of the district web site, or call us for details.

### \*\*\*\*\*Ala 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**