



Three Village Central School District Elementary Menu - March, 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Breaded Chicken Patty On a Whole Wheat Bun BBQ Sauce Hot Steamed Corn Peaches	2 Pancakes* Syrup Sliced Strawberries String Cheese Stick Fresh Baby Carrots	3 Mozzarella Sticks* Marinara Sauce Steamed Green Beans Tangerine	4 Popcorn Chicken Tossed Salad Low Fat Ranch Dressing Applesauce	5 Personal Pizza* Cucumber Slices Low Fat Italian Dressing Pears
8 Chicken Nuggets Fluffy Brown Rice Gravy Green Beans Chilled Pears	9 Crispy Beef Taco Lettuce, Tomato, Cheese Hot Steamed Corn Pineapple Tidbits	10 Schools Closed Half Day	11 Tomato Soup* Grilled Cheese Sandwich* Baby Carrots French Dressing Applesauce	12 Uno Whole Grain Pizza* Fresh Veggies Broccoli/Carrot/Peppers, Grape Tomatoes Low Fat Ranch Dressing Peach Cup
15 Chicken Rings French Fries Peas & Carrots Fresh Pear	16 Choice of Burger Whole Wheat Bun Lettuce & Tomato Corn Peaches	17 Chicken (St.) Patty On a Bun with Fresh Green Lettuce Green Beans Green Apple Shamrock Cookie 	18 Meatball Hero Tossed Salad Low Fat Italian Dressing Orange Smiles	19 Personal Pizza* Golden Corn Fresh Apple
22 Chicken Nuggets Corn Munchie Kid Snack Mix Orange Smiles	23 Max Pizza Stix* Tossed Salad Low Fat French Dressing Apple	24 Teriyaki Chicken Dippers Fluffy Brown Rice Asian Veggies Pineapple Tidbits	25 Manager's Special All the details will be posted at your school and on the website by March 15	26 Uno Pizza Wedge* Cucumber & Tomato Cup Low Fat Ranch Dressing Fruit of the Day
29 Personal Pizza* Green Beans Pears	Spring Recess – Schools Closed 			

*vegetarian

March Is National Nutrition Month

We encourage all students to eat a healthy balanced diet. Why not make it your goal this month to eat healthy every day? There are many great nutrition resources available on the internet to help you get started, such as www.mypyramid.gov. Remember to eat a variety of fruits and vegetables daily!

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 \$1.75
Milk .60

Milk Available Daily (Included with Lunch)

1%, LowFat Chocolate, Low Fat Strawberry



**Other Entrees Available Daily -
All include fruit and vegetable of the day as well as milk**

Tuna, Turkey or Ham on Whole Wheat Bread
American cheese on a Honey Wheat Bagel
PB & J Uncrustable
Twin Yogurts w/Graham Crackers



Salad Platters Available

(Tues. Wed. & Thurs)

Fresh Tossed Salad with your choice of Tuna, or Cheese and Fruit

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

*Menu Subject to Change