

Three Village Central School District HS Menu - March, 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1	2	3	4	5
Spicy Chicken Strips Brown Rice Gravy Corn Peaches	Eggplant Parmesan Hero* Tossed Salad Low Fat Italian Dressing Strawberries w/Whipped Topping	Chicken Sticks Potato Pancakes Applesauce	Oven Baked Breaded Chicken Coleslaw Dinner Roll Tangerine	Papa John's Pizza Cheese* or Pepperoni Cucumber Slices Low Fat Italian Dressing Pears
8	9	10	11	12
Chicken Fingers Knish Green Beans Pears	Mozzarella Sticks* Marinara Sauce Broccoli Florets Italian Dressing Peaches	Schools Closed Half-Day	Turkey Bacon Swiss Wrap Tomato & Mozzarella Salad Applesauce	Papa John's Pizza Cheese* or Pepperoni Assorted Veggies Low Fat Ranch Dressing Peach Cup
15	16	17	18	19
Chicken Rings Corn Cobbette Dinner Roll Fresh Pear	Roast Beef w/Mozzarella Cheese on Garlic Bread Cole Slaw Peaches	Chicken Pot Pie w/Mixed Veggies Irish Soda Bread Green Apple	Caesar Salad Popcorn Chicken Orange	Papa John's Pizza Cheese* or Pepperoni Golden Corn Apple
22	23	24	25	26
Teriyaki Chicken Brown Rice Gravy Asian Veggies Pineapple Tidbits	Cheese Quesadillas* With Toppings – Sour Cream, Salsa, Lettuce Mexicali Corn Apple	Baked Raviolis Meat Sauce Steamed Broccoli Florets Peaches	Chicken Slider Sandwiches Tomato Soup Green Beans Pears	Papa John's Pizza Cheese* or Pepperoni Cucumbers & Tomato Low Fat Ranch Dressing Fruit of the Day
29	Spring Recess Schools Closed			
Personal Pizza* Green Beans Pears				

*vegetarian

March is National Nutrition Month!
We recommend all students
make a conscious effort to eat a
balanced healthy diet.
For more information visit: www.mypyramid.gov

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

Lunch Prices
Lunch \$2.00 Reduced .25
Adult Lunch 3.25 + 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

Premium "Boars Head" Sandwiches and
Heros available daily for \$3.00

March 8-12 is:
National School Breakfast Week
Studies show, students that eat
school breakfast improve their math
and reading scores and perform
better on
standardized tests.

Breakfast is available daily from
7:00 a.m. to 9:15 a.m.

We offer a variety of Hot and Cold Choices
Cereal, Muffins, Bagels,
Eggs, Pancakes, French Toast etc.
All breakfasts include fruit or fruit juice and milk

Cold - \$1.00 ** Hot - \$1.25
Reduced price \$.25