

Three Village Central School District Menu - Gelinas JHS March, 2010

Lunch \$2.00 Reduced price \$.25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 1 Spicy Chicken Strip Wrap American Cheese, Lettuce, Tomato Steamed Corn Apple Sauce | 2 French Toast Sticks* Syrup Breakfast Ham Hash Brown Frozen Strawberry Cup | 3 Crunchy Twin Tacos Lettuce, Tomato, Cheese, Salsa Corn Tangerine | 4 Popcorn Chicken Greek Salad Applesauce | 5 Papa John's Pizza Cheese or Pepperoni Cucumber Slices Low Fat Italian Dressing Pears |
| Global Language Week – March 8 – March 12 | | | | |
| French Lundi, Mars 8 Ham & Cheese Croissant Green Beans Peaches Un croissant avec du Jambon et gruyere Des haricots verts Des Peches | German Dienstag, Marz 9 Baked Chicken Cutlet Potato Pancakes Sweet Peas Applesauce Gabackenes Huehnerschnitzel Kartoffelpuffer Suesse Erbsen Apfelmus | Half Day for Students No Lunch Today | Spanish Jueves, Marzo 11 Spicy Chicken Strip Spanish Rice Corn Orange Tiras de pollo picante Con arroz español Maíz Naranja | Italian Venerdi, Marzo 12 Papa John's Pizza Cheese or Pepperoni Broccoli Florets Italian Dressing Strawberries with Whipped Topping Papa John's Pizza Formaggio o Pepperoni Broccoli ornamenti Salsa italiana Fragole con Whipped Topping |
| 15 Teriyaki Chicken Dippers Fluffy Brown Rice Asian Veggie Blend Pineapple Tidbits Fortune Cookie | 16 Popcorn Shrimp Tossed Salad Whole Grain Dinner Roll Fresh Pears | 17 Chicken (St.) Patty On a Bun with fresh green lettuce Green Beans Green apple Irish Soda Bread | 18 Ravioli Meat Sauce Carrot & Celery Sticks Low Fat Italian Dressing Orange | 19 Papa John's Pizza Cheese or Pepperoni Golden Corn Apple |
| 22 Chicken Stix Ketchup or BBQ sauce French Fries Orange | 23 Caesar Salad w/ Chicken Soft Garlic Bread Stick Apple | 24 HERO DAY American Style Hero Tomato Soup Golden Corn Peaches | 25 Roast Beef & Mozz Melt On a Club roll Green Bean Casserole Applesauce | 26 Papa John's Pizza Cheese or Pepperoni Carrots & Celery w/dip Fruit of the Day |
| 29 French Bread Pizza* Green Beans Pears **No Hot Alternative Option Today** | Spring Recess Schools Closed | | | |

*vegetarian

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

Milk is Available Daily (Included with Lunch)
1% white, low fat chocolate & strawberry

Available Daily
Assorted Sandwiches
Salads, Bagels, Yogurt,
Add the fruit/vegetable of the day and a milk
for a nutritious lunch.

Hot Alternate Option "of the day"

Monday – Uno Pizza
Tuesday – Burger on a whole wheat bun
Wednesday – Mozzarella Sticks
Thursday – Spicy Chicken on a whole wheat bun
Includes the fruit and vegetable of the day plus your choice of milk

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

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.

At Gelinas Breakfast is available daily starting at 7:30 a.m.

We offer a variety of Hot and Cold Choices

Cereal, Muffins, Bagels,
Eggs, Pancakes, French Toast etc.
All breakfasts include fruit and milk

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