

# Three Village Central School District

Breakfast is available at  
The JHS and HS daily

## BREAKFAST MENU JHS and HS

Menu subject to change.  
Based on availability

Cold Choices	Hot Choices
Bagel or Roll with Butter or Cream Cheese Fruit or Juice or Vegetable Milk	Egg on Roll Fruit or Juice or Vegetable Milk
Cereal bowl (assorted varieties available) Cheese Stick or Graham Crackers Fruit or Juice or Vegetable Milk	Egg & Cheese on Roll Fruit or Juice or Vegetable Milk
Morning Mix Up Fruit or Juice or Vegetable Milk	Pancakes Fruit or Juice or Vegetable Milk
Unbelievable Breakfast Round Fruit or Juice or Vegetable Milk	French Toast Sticks Fruit or Juice or Vegetable Milk
Yogurt (1 - 4 oz and graham crackers) Or 2 Yogurts Fruit or Juice or Vegetable Milk	Add Sausage or Bacon to any item above for an additional \$.75

Milk = 8 oz of skim or 1% white, chocolate or strawberry  
Fruit = May be fresh or canned as available  
Juice = 4 oz 100% fruit juice  
Vegetable = ½ c. carrot sticks, or other vegetables  
hash-brown, sweet potato puffs

Grains = cereal, bread items, rice, pasta  
Meat/Meat Alternative = Lean meat, poultry  
fish, egg, cheese, yogurt, peanut  
butter, dry beans or peas, nuts, seeds

### 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"

#### Breakfast Prices

Breakfast Cold	\$ 1.50
Breakfast Hot	\$ 1.75
Reduced	\$ .25
Milk	\$ .60
Adult Breakfast cold	\$ 2.00
Adult Breakfast Hot	\$ 3.00
Adult Milk	\$ .60 + tax

**Milk is Available Daily (Included with Breakfast)**  
Skim, 1%, Low Fat Chocolate, Low Fat Strawberry

**COMPLETE BREAKFAST COMPONENTS**  
Students should choose at least three of four  
components.

- 1) Milk
- 2) Fruit, vegetable or juice
- 3) Meat/meat alternative (1 oz)
- 4) Grain (1 oz)

Students may select two meat/meat  
components, two grain components or a  
combination of one of each, to equal two  
components. Add fruit and milk to make a  
total of four components. For the meal to  
count as a complete meal a student can only  
refuse one item. If less than three items are  
taken, Federal Regulation requires the items  
to be charged a la carte pricing.

We encourage students to eat a **Balanced  
Breakfast.**

Studies show that students that eat breakfast  
perform better on standardized tests.

#### \*\*\*\*\* *Al a 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**