








Three Village Central School District JHS Menu -

February, 2012

*Vegetarian

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRAURY IS AMERICAN HEART MONTH 		1 Choice of Burger Whole Wheat Bun Lettuce & Tomato Ketchup Potato Tots Orange 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 Patty Whole Wheat Bun Ketchup or BBQ Sauce Golden Corn Pear Cup Hartzel Healthy Pretzels 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 Applesauce Frozen Fruit Juice Bar Milk	10 Dominos Pizza* Carrot Sticks Low Fat French dressing Golden Corn Mixed Fruit Cup Milk
13 Chicken Parmesan With Marinara Sauce Mozzarella Cheese Whole Wheat Kaiser Roll Peas and Carrots Pineapple Tidbits Milk	 Happy Valentine's Day Brunch for Lunch* French Toast Sticks Syrup Sausage Patty (Cheese Sticks) Sweet Potato Puffs Fruited Red Jell-O Frozen Strawberry Cup Milk	15 Roast Beef Melt on a Wholesome Whole Wheat Bun Tossed Salad Low Fat Ranch Dressing Orange Milk	16 Twin Crispy Taco Tomato, Lettuce, Cheese, Black Beans, Sour Cream, Salsa Corn Pineapple Tidbits	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="text-align: center;"> Mid Winter Recess </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> Schools Closed </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  Leap Year Sloppy Joe Soft roll Golden Corn Crisp Fresh Spinach and Romaine Salad Low Fat Ranch Dressing Mixed Fruit Cup Milk		 <p style="text-align: center;">Healthy You</p>

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

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"

New Lunch Prices

Lunch \$2.75
Reduced \$.25
Milk \$.60

Milk is Available Daily (Included with Lunch)

1% white, LF Chocolate, LF Strawberry



BABY CARROTS AVAILABLE DAILY AS A VEGETABLE OPTION

DAILY MEAL ALTERNATIVES

Complete with fruit/vegetable of the day and a milk for a nutritious lunch.

Hot Alternate Option "of the day"

- * Monday – Pizza
- * Tuesday –Chicken and Cheese Quesadilla
- * Wednesday – Mozzarella Sticks
- * Thursday – Spicy Chicken on a Whole Wheat Bun

Cold Alternatives

- * Assorted Sandwiches
- * Assorted Salads (Tues. Wed. Thurs.)
- * Bagel Lunch (yogurt/cheese)

Hot & Cold Breakfast Available Daily
Cold - \$1.50 Hot - \$1.75
Includes entrée milk, fruit/vegetable

Scrumptious Choices for Breakfast

Assorted Cereals, Bagels, Hot Egg Sandwiches, French Toast and Pancakes (subject to availability)