### Three Village Central School District Elementary Menu - January, 2009

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Help Wanted</strong> Substitute Food Service Workers Call 730-4505</td>
<td><strong>Happy New Year</strong></td>
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<tr>
<td>5</td>
<td>Chicken Nuggets w/Honey</td>
<td>6</td>
<td>7</td>
<td>8</td>
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<tr>
<td></td>
<td>Hash Brown Potato</td>
<td></td>
<td>Oven-Breaded Chicken Brown Rice &amp; Gravy</td>
<td>Grilled Chicken &amp; Bacon on a whole wheat bun BBQ Sauce Green Beans Chocolate Teddy Graham Pears</td>
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<tr>
<td></td>
<td>Mixed Veggies Applesauce</td>
<td></td>
<td>Steamed Carrots Pretzel Rods (3)</td>
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<td></td>
<td></td>
<td></td>
<td>Peaches</td>
<td></td>
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<tr>
<td>12</td>
<td>Chicken Rings BBQ Sauce Green Beans Cheddar &amp; Goldfish Crackers Mixed Fruit</td>
<td>Meatball Hero (with Marinara Sauce on French Bread) Italian Veggies Peaches</td>
<td>Caesar Salad w/Breaded Chicken Pita Bread Original SunChips Kiwi</td>
<td>Pasta w/Meat Sauce (<em>Marinara Sauce also available</em>) French Bread Grape Tomatoes w/Italian Dressing Banana</td>
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<tr>
<td>19</td>
<td>Martin Luther King, Jr. Day Schools Closed</td>
<td><em>French Toast Sticks w/Pancake Syrup Sausage Patty 4 oz Orange Juice Fruit Juice Bar</em></td>
<td>Hamburger, Cheeseburger, *Veggie Burger on a whole wheat bun French Fries Munchies Kid Snack Mix Fresh Pear</td>
<td><em>Split Pea Soup</em> <em>Tossed Salad w/Italian Dressing Colby Cheese Wedge French Bread Apple</em></td>
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<tr>
<td>26</td>
<td>Chinese New Year</td>
<td><em>Mozzarella Sticks w/Marinara Sauce Wheat Bread Stick Green Beans Applesauce</em></td>
<td>Vegetable Soup Chili &amp; Baked Potato Cheetos Trax Apple</td>
<td>Pasta w/Meat Sauce (<em>Marinara Sauce also available</em>) Steamed Broccoli French Bread Chocolate Teddy Graham Pears</td>
</tr>
<tr>
<td></td>
<td>Sweet &amp; Sour Chicken (chicken nuggets w/sweet &amp; sour sauce on the side) Brown Rice Asian Veggies Fortune Cookies (2) Pineapple</td>
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</tbody>
</table>

**Nutrient Content**

<table>
<thead>
<tr>
<th>Week of:</th>
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</tr>
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<tbody>
<tr>
<td>Jan 5</td>
<td>Jan 12</td>
<td>Jan 19</td>
<td>Jan 26</td>
</tr>
<tr>
<td>Calories: 661</td>
<td>Calories: 688</td>
<td>Calories: 651</td>
<td>Calories: 669</td>
</tr>
<tr>
<td>Total Fat: 27.22%</td>
<td>Total Fat: 26.95%</td>
<td>Total Fat: 28.31%</td>
<td>Total Fat: 24.51%</td>
</tr>
<tr>
<td>Sat Fat: 9.29%</td>
<td>Sat Fat: 9.04%</td>
<td>Sat Fat: 10.64%</td>
<td>Sat Fat: 8.85%</td>
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</tbody>
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### Other Entrees Available Daily

- Tuna Salad Sandwich
- Sliced Turkey Sandwich
- Salad Plate (Tues., Wed., Thurs.)
- American Cheese on a Bagel
- Peanut Butter & Jelly Sandwich
- 8 oz. Yogurt
- Fresh Seedless Grapes, Cheese & Crackers
- Additional Items Available Daily
  - 100% Juice: Orange Juice, Apple Juice, Fruit Punch, Grape Juice
  - Rye, Whole Wheat Bread
  - Fresh Fruit

### Student Meal Account Policy

The Child Nutrition Program recognizes how easy it can be for a student to forget their lunch money at home or to leave it in their classroom. In all fairness, an elementary student would be allowed to “charge” no more than 2 lunches. Students will be asked to repay their charges. Students will be informed that a “replacement” lunch consists of the vegetable of the day, a fruit, and a carton of milk (or apple juice if there is an allergy to milk). There is no charge for this lunch. Students will receive written notification of their negative balances to bring home and notices will be sent home on a monthly basis. Under no circumstances can an ala carte item be charged.

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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

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**Milk Available Daily (Included with Lunch)**

- 1% Low Fat Chocolate, Low Fat Strawberry

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**Lunch Prices**

- Lunch: $1.75
- Milk: .60
- Reduced: .25
- Adult Lunch: 3.25 + Tax
- Adult Milk: .60 + Tax

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**Schools Closed**

- Martin Luther King, Jr. Day
- Three Village Cafeteria Fund
- Mylunchmoney.com
- Child Nutrition Services 730-4505
- childnutrition@3villagecsd.k12.ny.us
- Lois Chait, MBA, RD, Director
- Child Nutrition Services 730-4505
- childnutrition@3villagecsd.k12.ny.us
- Credit Card Payments can be made at Mylunchmoney.com

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**Additional Items Available Daily**

- 100% Juice: Orange Juice, Apple Juice, Fruit Punch, Grape Juice
- Rye, Whole Wheat Bread
- Fresh Fruit

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