

# Three Village Central School District JHS Menu - May, 2015 - GELINAS JHS

\* Menu Subject to Change

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2		4	5	1 Pizza Celery Sticks Two Bean Salad Low Fat French Dressing Pear Cup Milk
4 Chicken Nuggets Fluffy Brown Rice Gravy Broccoli Applesauce Milk	5 Taco Day Crunchy Chips Salsa, Lettuce, Tomato, Low Fat Sour Cream Cheddar Cheese Golden Corn Black Beans Sliced Orange Milk	6 Choice of Burger Lettuce & Tomato Ketchup Tater tots Banana Milk	7 Rotini Pasta Meatballs Marinara Sauce Spinach & Romaine Salad, Raspberry vinaigrette Italian Bread Pear cup Milk	8 Pizza Cucumber slices LF Ranch Dressing Peach cup Milk
11 Chicken Patty On a Bun BBQ sauce or Ketchup Tater Tots Peach cup Milk	12 Hero Turkey, American Cheese, Bacon Lettuce, Tomato Golden corn Frozen strawberry cup Milk	13 Chicken over Caesar Salad with Pita Bread Crisp Red Apple Milk	14 Cheese Filled Bread Sticks Marinara Dipping Sauce Broccoli Fresh Pear Milk	15 Pizza Celery & Peppers Low Fat Dressing Bean Salad Mixed fruit cup Milk
18 Popcorn Chicken Fluffy Brown Rice Gravy Broccoli Pineapple Tidbits Milk	19 <b>Brunch For Lunch</b> Egg and sausage on a Kaiser Roll Seasoned Roasted Potatoes Ketchup Banana Milk	20 Chicken and Provolone with Roasted Red Peppers On a Roll Fresh Fruit Salad Milk	21 Meatball Hero With or without Mozzarella Green Beans Pear cup Milk	22 Pizza Mini tomatoes LF Dressing Bean salad Orange Milk
25  Memorial Day School Closed	26 Chicken Nuggets Fluffy Brown Rice Gravy Broccoli Pineapple tidbits Milk	11 Grilled Cheese With or without bacon Green Beans Pear cup Frozen Sherbet Cup Milk	28 <b>Brunch For Lunch</b> French Toast Sticks Syrup Yogurt (1) String Cheese (1) Glazed Carrots Hash Brown Banana Milk	29 Pizza Golden corn Marinated bean salad Peach cup Milk

**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

Pre-Payments can be made via Credit Card at  
Mylunchmoney.com  
If you prefer to send a check into school with your child,  
please make check payable to  
"Three Village Cafeteria Fund"

**Lunch Prices**  
**Lunch \$2.75**  
**Reduced \$0.25**

**Please note:** To receive lunch at these prices,  
students are required to choose at least three of the  
five lunch components offered, and one component  
selected **must be a fruit or vegetable**. If less than  
three of the meal components are selected, or a  
vegetable or fruit is not taken, *a la carte* pricing will  
be in effect. *Complete meals are healthier and cost  
less!!*

The five components offered daily are:  
Meat or meat alternative / Grain / Vegetable / Fruit / Milk

**Hot Alternate Option "of the day" comes  
with the day's sides, and milk**

- \* Mon – Burger or Cheeseburger on a Bun
- \* Tue – Pizza
- \* Wed – Mozzarella Sticks with marinara sauce
- \* Thur. - Chicken on a Bun

**Cold Alternatives available  
Comes with the daily sides and milk**

- \* Assorted Sandwiches
- \* Assorted Salads (Tues. Wed. Thurs.)
- \* Bagel Lunch (with cheese sticks and/or yogurt)

\*\*\*\*\***Boars Head Lunch \$3.75**\*\*\*\*\*  
Available on Wednesdays  
Fresh made to order sandwiches

**Baby Carrots/Seasonal Fresh Fruit  
may additionally be offered based on availability.**

Hot & Cold Breakfast Available Daily  
Join us in the cafeteria when you get off the bus  
Cold - \$1.50 Hot - \$1.75 Assorted Cereals, Bagels, Hot  
Egg Sandwiches and More  
Includes fruit/vegetable

**This institution is an equal opportunity employer.**

**Earn While Your Children Learn**  
**Substitute Food Service Employees Needed call 730-4505**