

Three Village Central School District JHS Menu - May, 2015 - MURPHY JHS

* Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
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 Brunch For Lunch 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 Brunch For Lunch 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)

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