


Three Village Central School District JHS Menu

October, 2015 - GELINAS JHS

Students must select a fruit or vegetable for a complete meal

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breaded Chicken Green Caesar Salad Pita Bread LF Dressing Fresh Fruit Salad Milk	2 Papa John's Pizza Cherry Tomatoes LF Ranch Dipping Sauce Chick Peas in dressing Peach Cup Milk
5 Popcorn Chicken Mashed Potatoes Gravy Biscuit Apple Sauce Milk	6 Beef Nachos with Chips Cheese, Lettuce, Tomato, Salsa, Sour Cream, Golden Corn Black Beans Pineapple Tidbits Milk	7 BRUNCH FOR LUNCH Mini Pancakes Syrup Sausage Patty Glazed Carrots Banana Milk	8 Roast Beef & Mozzarella Melt Golden corn Grapes Milk	9 Papa John's Pizza Cucumber Slices LF French Dressing Two Bean Salad Pear Cup Milk
12 School Closed 	13 Chicken Nuggets Fluffy Brown Rice Gravy Green Beans Frozen Strawberry Cup Milk	14 Grilled chicken Over Caesar Salad Garlic bread stick Crisp Red Apple Milk	15 Meatball Hero Marinara Sauce Seasoned Roasted Potatoes Fresh Pear Milk	16 Papa John's Pizza Celery & Cherry Tomatoes LF Ranch Dressing Chessman Salad Mixed fruit cup Milk
NATIONAL SCHOOL LUNCH WEEK				
19 Spicy Chicken Strips Dipping sauce Mashed Potatoes Gravy Biscuit Pineapple tidbits Milk	20 Mozzarella Sticks Marinara Sauce or Salsa Warm Breadstick Broccoli Banana Milk	21 Sloppy Joe On a Roll Golden Corn Crisp Red Apple Milk	22 Pasta Meatballs Marinara Sauce Tossed Salad LF Italian Dressing Fresh Fruit Salad Milk	23 Papa John's Pizza Cucumber Slices LF Dressing Pasta and Bean Salad Pear Cup Milk
26 Chicken Dippers Fluffy Brown Rice Broccoli Frozen Peach Cup Milk	27 SPECIALTY WRAP Turkey & Swiss Garnish of Bacon Honey Mustard Lettuce & Tomato In a Whole Wheat Wrap Glazed Carrots Banana Milk	28 Quesadilla Lettuce & tomato Golden Corn Black Beans Frozen fruit Juice Bar Pineapple tidbits Milk	29 Choice of Burger Whole Wheat Bun Ketchup Lettuce & Tomato, onion Seasoned Roasted Potatoes Crisp Red Apple Milk	30 Papa John's Pizza Green Beans Two Bean Salad Pear 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 MySchoolBucks.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 \$3.00

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 – Pizza
- * Tue – Burger or cheeseburger on a bun
- * Wed – Mozzarella Sticks and Marinara Sauce
- * Thur - Spicy Chicken on a bun

Cold Alternatives available Comes with the day sides, and milk

- * Assorted Sandwiches
 - * Assorted Salads (Tues. Wed. Thurs.)
 - * Bagel Lunch (with cheese sticks and/or yogurt)
- *******Boars Head Lunch \$4.00*******
Available on Wednesdays
Fresh made to order sandwiches

Baby carrots available daily

In addition to the menu items seasonal fresh fruit is offered based on availability.

Hot & Cold Breakfast Available Daily

Join us in the cafeteria when you get off the bus
\$1.75 Assorted Cereals, Bagels, and More
Includes fruit/vegetable