

Available Daily

Fruit and Yogurt
 Parfait with Granola *GF
 Hummus w/Corn Tortilla
 Chips *GF and Veggie Sticks
 Bagel Lunch
 Assorted Sandwiches
Build Your Own Salad Bar
Choice of Milk
 *GF = Gluten Free w/out bun
 or pasta. GF bread available
 upon request.



**February 2020
 Trumansburg
 Central School
 District
 Lunch Menu
 Pre-K-12**



Meal Prices

Breakfast
 Grades Pre-K – 8: \$1.60
 Grades 5 – 12: \$1.90
Lunch
 Grades Pre-K – 4: \$2.75
 Grades 5 – 8: \$2.90
 Grades 9-12: \$3.05
 Staff: \$4.50
 A la carte milk: \$0.60

green = NYS product

February's Harvest of the Month is Sweet Potatoes

red = Harvest of the Month recipe

	Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
ENTRÉE	Chicken Parmesan with NY Mozzarella , Marinara Sauce, and Pasta	Chicken or NY Beef Taco, Sweet Potato Black Bean Taco, Lettuce, Salsa, Cheese and WG Tortillas	Grilled Cheese Sandwich on WG Bread or Grilled NY Cheddar on Wide Awake Bread with Tomato Soup	Lunar New Year Rice Bowl with Chicken or Ithaca Soy Tofu , Tangerine Sauce, Broccoli, NY Eggroll	Assorted WG Pizza with NY Mozzarella Cheese
SIDES	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
ENTREE	French Toast Sticks, Local Pork Sausage HS: Chicken Souvlaki with Pita, NY Tomato and Cucumber	NY Ground Beef or Chicken Nachos w/WG Tortilla Chips, Refried Black Beans, Lettuce and NY Cheddar Cheese	Chicken Drumstick, Waffle, Cinnamon Sweet Potato Wedges	Macaroni with NY Cheddar Cheese , NY All-Beef Hot Dog	Assorted WG Pizza with NY Mozzarella Cheese
SIDES	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
Did you know?	<i>Sweet potatoes are loaded with beta carotene, vitamin A, vitamin B6, potassium and iron.</i>	<i>Sweet potatoes aren't related to potatoes or yams. Potatoes are in the nightshade family and yams are related to lilies, but sweet potatoes are in the morning glory family.</i>	WINTER BREAK	<i>Sweet potatoes were grown in Peru 10,000 years ago. They are grown locally in Interlaken at Three Stone Farm</i>	<i>The longer a sweet potato is stored after harvested, the sweeter it gets.</i>
	Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
ENTRÉE	Pasta with Marinara Sauce or Meat Sauce with NY Beef	NY Cheddar Cheese or Chicken Quesadilla, Mardi Gras Red Beans and Rice	New Orleans Chicken Tender Po Boy Sandwich, West African Style Sweet Potatoes and Greens	NY Burger or Veggie Burger on WG Bun, NY Potatoes	Assorted WG Pizza with NY Mozzarella Cheese
SIDES	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar

Questions? Call 607/387-7551 x4452 or email rhanson@tburg.k12.ny.us Menu is subject to change. Visit our website for up-to-date menus and info on payment and Free & Reduced Lunch Applications: www.tburgschools.org We are an equal opportunity provider and employer.