

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.



January 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

January's Harvests of the Month are Potatoes and Cabbage

red = Harvest of the Month recipe

	Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
ENTRÉE	Pasta with Marinara Sauce or Meat Sauce made with NY Ground Beef	Cheese Quesadilla or Chicken Quesadilla made with NY Cheddar Cheese, Salsa	Breaded Chicken Drumstick with WG Waffles, Buttermilk Coleslaw	NY Beef Hamburger on a Whole Grain Bun with Roasted Potatoes	Assorted 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, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
ENTREE	French Toast Sticks with NY Breakfast Sausage	NY Beef Tacos, Chicken Tacos, or Potato Samosa Tacos, Lettuce, Salsa, Cheese and WG Tortillas	Grilled Cheese Sandwich on WG Bread or Grilled NY Cheddar on Wide Awake Bread with Tomato Soup	Lo Mein Style Noodles with Chicken or Ithaca Tofu with Napa Cabbage	Assorted 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, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
ENTRÉE	"You don't have to see the whole staircase. Just take the first step." - Martin Luther King	Nachos w/WG Tortilla Chips, NY Ground Beef or Chicken, Refried Black Beans, Lettuce and NY Cheddar	Macaroni and Cheese made with NY Cheddar or Fish Filet Sandwich Tijuana Taco Slaw	Thai Massaman Curry with Chicken or Ithaca Tofu, Potatoes, Rice	Assorted Pizza with NY Mozzarella Cheese
SIDES	MLK DAY - No School	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar/HS No School
	Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
ENTRÉE	Pasta with Marinara Sauce or Meat Sauce made with NY Ground Beef	Cheese Quesadilla or Chicken Quesadilla made with NY Cheddar Cheese, Salsa	Pulled Pork Sandwich on a WG Bun, Sesame Cabbage Slaw	Roast Turkey, Gravy, Mashed Potatoes, WG Biscuit or Roll	Assorted 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.