

**Available Daily**

**Entree**

Fruit and Yogurt Parfait with Granola\*GF  
 Hummus with Corn Tortilla Chips\*GF and Veggie Sticks  
 Bagel Lunch  
 Assorted Sandwiches  
 Build Your Own Salad Bar

Choice of Milk





September 2019  
 Trumansburg Central  
 School District K-12  
 Lunch Menu

GO BLUE  
 RAIDERS!

**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

	Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
ENTRÉE		Green = New York State or Locally Produced Item  Red=Harvest of the Month Recipe featuring Tomatoes!		Grilled Cheese Sandwich on Whole Grain Bread with Tomato Soup or Sungold Cherry Tomatoes	Assorted Pizza with NY Mozzarella Cheese
SIDES	LABOR DAY			Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
ENTREE	Pasta with Marinara or Meat Sauce <sup>GF</sup> made with Local Ground Beef	Cheese Quesadilla or Chicken Quesadilla made with NY Cheddar Cheese	BBQ Pork <sup>GF</sup> Sandwich, Local Corn on the Cob, Watermelon Wedges	Chicken Spiedies <sup>GF</sup> on a Whole Grain Roll with Cucumber Tomato Salad	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, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
ENTRÉE	Rice Bowl with Chicken <sup>GF</sup> or Ithaca Soy Tofu <sup>GF</sup> , Veggie Egg Roll	Chicken <sup>GF</sup> Tacos, or Calabacitas (Zucchini Corn) Tacos with Cheese and Refried Black Beans	Fish Sandwich with Local Cabbage Slaw or Macaroni and Cheese made with NY Cheddar	NY State All-Beef Hot Dog <sup>GF</sup> , Baked Beans	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, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
ENTRÉE	Buffalo Style Chicken Drumstick <sup>GF</sup> , Breaded Chicken Drumstick, Veggie Sticks, WG Biscuit	Bean Nachos or Local Ground Beef Nachos with Corn Tortilla Chips and NY Cheddar Cheese	Grilled Cheese Sandwich or Grilled Wide Awake Bakery Bread with NY Cheddar, Tomato Soup	Pasta with Marinara Sauce, Ratatouille, Cannellini Bean Salad	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 x 4452 or email [rhanson@tburg.k12.ny.us](mailto:rhanson@tburg.k12.ny.us) We are an equal opportunity provider and employer. Menu is subject to change. Check at our website for the most up to date menus and for information on payment and free and reduced lunch applications [www.tburgschools.org](http://www.tburgschools.org) <sup>GF</sup> Indicates Gluten Free without the bun or pasta. Gluten Free Bread available upon request