

### 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.



# December 2019 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

December's Harvest of the Month is Root Vegetables

red = Harvest of the Month recipe

	Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
ENTRÉE	Pasta with Marinara Sauce or Pasta with Meatballs	Cheese Quesadilla or Chicken Quesadilla made with NY Cheddar Cheese, Salsa	BBQ Pulled Pork Sandwich with Winter Root Vegetable Slaw	Southern Tier Chicken Spiedie Sandwich with Roasted Root Fries	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, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
ENTREE	French Toast Sticks with NY Breakfast Sausage, Roasted Potatoes	Nachos w/WG Tortilla Chips, NY Ground Beef, Chicken and Refried Black Beans, Lettuce and NY Cheddar	Grilled Cheese Sandwich on WG Bread or Grilled NY Cheddar on Wide Awake Bread with Tomato Soup	Utica Style Chicken Riggies or Pasta with Marinara Sauce, Kale Caesar 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, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
ENTRÉE	NY Hamburger or Veggieburger on WG Bun, Lettuce and Tomato, NYS Potatoes	NY Beef Tacos, Chicken Tacos, Root Vegetable Chili, Lettuce, Salsa, Cheese and WG Tortillas	Macaroni and Cheese made with NY Cheddar or NYS Beef Hot Dog on WG bun, Steamed Broccoli	Honey Lemongrass Chicken or Ithaca Tofu Rice Bowl with Pickled Carrots, Beets and Daikon Radish	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, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
ENTRÉE	The biggest beet ever grown weighed 156 pounds!	Wild rabbits don't eat carrots - so that leaves more for us!	HAPPY HOLIDAYS!!!!	Eating beets can cure garlic breath!	In 17 <sup>th</sup> century England, it was fashionable to wear carrot leaves in your hair!
SIDES	HOLIDAY BREAK - NO SCHOOL	HOLIDAY BREAK - NO SCHOOL	HOLIDAY BREAK - NO SCHOOL	HOLIDAY BREAK - NO SCHOOL	HOLIDAY BREAK - NO SCHOOL

Questions? Call 607/387-7551 x4452 or email [rhanson@tburg.k12.ny.us](mailto: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](http://www.tburgschools.org) We are an equal opportunity provider and employer.