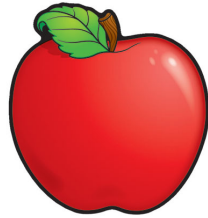


### Available Daily

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.



# October 2019 Trumansburg Central School District Lunch Menu K-12



### Meal Prices

**Breakfast**  
 Grades Pre-K – 4: \$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

October's Harvests of the Month are Apples and Squash

red = Harvest of the Month recipe

	Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
ENTRÉE	French Toast, <b>Baked Apples</b> , <b>Red Gate Grocer</b> <b>Breakfast Sausage</b>	Cheese Quesadilla or Chicken Quesadilla made with <b>NY Cheddar Cheese</b>	Utica Style Chicken Riggies or Pasta w/Marinara Sauce, <b>Greens w/Garlic</b>	<b>NY Beef Burger</b> or Garden Burger, <b>Salt Potatoes</b>	Assorted Pizza with <b>NY</b> <b>Mozzarella Cheese</b>
SIDES	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
ENTREE	Rice Bowl with Teriyaki Chicken or <b>Ithaca Soy Tofu</b> , and <b>NY Veggie Egg Roll</b>	Chicken Tacos or Black Bean and <b>Butternut Squash</b> Tacos	Macaroni and Cheese made with <b>NY Cheddar</b> , or <b>NY All</b> <b>Beef Hot Dog</b>	Turkey with <b>Mashed Local</b> <b>Potatoes</b> and Gravy, <b>Roasted</b> <b>Delicata Squash</b>	Assorted Pizza with <b>NY</b> <b>Mozzarella Cheese</b>
SIDES	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
ENTRÉE	Columbus Day	Bean Nachos or <b>Ground</b> <b>Beef Nachos</b> with Tortilla Chips and <b>NY Cheddar</b> <b>Cheese</b>	Chicken or <b>Ithaca Soy Tofu</b> Lo Mein with <b>Local Napa</b> <b>Cabbage and Carrots</b>	Grilled Cheese Sandwich on <b>WG Bread</b> or <b>Grilled NY</b> <b>Cheddar on Wide Awake</b> <b>Bread</b> with Tomato Soup	Assorted Pizza with <b>NY</b> <b>Mozzarella Cheese</b>
SIDES	No School	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar
	Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
ENTRÉE	Chicken Speidies on a WG Roll or <b>NY All Beef Hot Dog</b>	Cheese Quesadilla or Chicken Quesadilla made with <b>NY Cheddar Cheese</b>	Pasta Marinara or Pasta with Meat Sauce made with <b>NYS</b> <b>Ground Beef</b>	<b>BBQ Pork</b> on a WG Roll with <b>Apple Butternut Crisp</b>	Assorted Pizza with <b>NY</b> <b>Mozzarella Cheese</b>
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](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.