




CTHSS AUG/SEPT

2009 Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			8/27	8/28
			Chef's Choice Vegetable Assorted Fruit Milk	Chef's Choice Vegetable Assorted Fruit Milk
8/31	9/1	9/2	9/3	9/4
Chef's Choice Vegetable Fruit Milk	Chef's Choice Vegetable Fruit Milk	Turkey or Beef Hot Dogs on a Bun (2) Potato Salad Assorted Fruit Milk	Chicken and Rice Vegetable Blend Assorted Fruit Milk	Cheese Pizza Garden Salad Assorted Fruit Milk
9/7	9/8	9/9	9/10	9/11
LABOR DAY SCHOOLS CLOSED	Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk	Beef & Cheese w/ a Tortilla (2) Lettuce & Tomato Assorted Fruit	Hamburger/Cheeseburger on a Wheat Bun Oven Baked Fries Assorted Fruit Milk	Chef's Choice Vegetables Assorted Fruit Milk
9/14	9/15	9/16	9/17	9/18
Turkey or Beef Hot Dogs On a Bun (2) Coleslaw Assorted Fruit Milk	Chicken Nuggets Rice Green Beans Assorted Fruit Milk	Pasta w/ Meatballs Garden Salad Assorted Fruit Milk	Turkey Sloppy Joe on a Bun Corn Assorted Fruit Milk	Chicken or Cheese Quesadillas Pizza Garden Salad Assorted Fruit Milk
9/21	9/22	9/23	9/24	9/25
Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk	Beef & Cheese w/ a Tortilla (2) Lettuce & Tomato Assorted Fruit Milk	Macaroni & Cheese Broccoli Assorted Fruit Milk	Chicken & Vegetables Rice Assorted Fruit Milk	Chef's Choice Vegetables Assorted Fruit Milk
9/28	9/29	9/30		
Hamburger/Cheeseburger on a Wheat Bun Oven Baked Fries Assorted Fruit Milk	Chicken Nuggets Rice Green Beans Assorted Fruit Milk	Shortened Day		

Offer vs. Serve
Protein, Vegetable, Breads/Grains, Fruit or Juice (100%) and Milk are to be offered to all students as a complete meal.
Students must take a minimum of three of the five components served to constitute as a regular lunch meal.

A variety of sandwiches, wraps, and salads may also be available for purchase.



Menus are subject to change without notice.

For questions and/or comments about the School Breakfast & Lunch Program, please contact the CTHSS Nutrition & School Meals @ cthssfoodservice@ct.gov

Lunch Prices

Student	\$2.75	Adult	\$4.00
---------	--------	-------	--------

Free and Reduced (\$.40 for lunch) priced meals are provided for eligible students.
For an application visit the guidance office or www.cttech.org.