






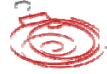


CTHSS DECEMBER

2009 Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	12/1 Meatloaf Wheat Roll Mashed Potatoes w/ Gravy Assorted Fruit Milk	12/2 Macaroni & Cheese Broccoli Assorted Fruit Milk	12/3 Turkey Sloppy Joe on a Bun Corn Assorted Fruit Milk	12/4 Chicken or Cheese Quesadillas Pizza Garden Salad Assorted Fruit Milk
12/7 Hamburgers/Cheeseburgers on a Wheat Bun Oven Baked Fries Assorted Fruit Milk	12/8 Chicken and Rice Vegetable Blend Assorted Fruit Milk	12/9 Multi-grain Pasta w/ Meatballs Garden Salad Assorted Fruit Milk	12/10 Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk	12/11 Chef's Choice Vegetables Assorted Fruit Milk
12/14 Chicken Nuggets Rice Green Beans Assorted Fruit Milk	12/15 SHORTENED DAY	12/16 Beef & Cheese w/ a Tortilla (2) Lettuce & Tomato Assorted Fruit Milk	12/17 Turkey or Beef Hot Dogs On a Bun (2) Coleslaw Assorted Fruit Milk	12/18 Cheese Pizza Garden Salad Assorted Fruit Milk
12/21 Chef's Choice Vegetables Assorted Fruit Milk	12/22 Chef's Choice Vegetables Assorted Fruit Milk	12/23 SHORTENED DAY	12/24 HAPPY HOLIDAYS SCHOOLS CLOSED	12/25 HAPPY HOLIDAYS SCHOOLS CLOSED
12/28 	12/29  	12/30  	12/31 	

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.

Menus are subject to change without notice.

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



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.