


CTHSS NOVEMBER

2009 Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/2 Turkey or Beef Hot Dogs On a Bun (2) Oven Baked Fries Assorted Fruit Milk	11/3 SCHOOLS CLOSED	11/4 Macaroni & Cheese Broccoli Assorted Fruit Milk	11/5 Turkey Sloppy Joe on a Bun Corn Assorted Fruit Milk	11/6 Chef's Choice Vegetable Assorted Fruit Milk
11/9 SHORTENED DAY	11/10 Chef's Choice Vegetable Assorted Fruit Milk	11/11 VETERAN'S DAY SCHOOLS CLOSED	11/12 Chicken and Rice Vegetable Blend Assorted Fruit Milk	11/13 Cheese Pizza Garden Salad Assorted Fruit Milk
11/16 Beef & Cheese w/ a Tortilla (2) Lettuce & Tomato Assorted Fruit Milk	11/17 Chicken Nuggets Rice Green Beans Assorted Fruit Milk	11/18 Pasta w/ Meatballs Garden Salad Assorted Fruit Milk	11/19 Turkey and Stuffing Mashed Potatoes w/ Gravy Assorted Fruit Milk	11/20 Chef's Choice Vegetables Assorted Fruit Milk
11/23 Turkey or Beef Hot Dogs On a Bun (2) Oven Baked Fries Assorted Fruit Milk	11/24 Chef's Choice Vegetables Assorted Fruit Milk	11/25 SHORTENED DAY	11/26 THANKSGIVING DAY SCHOOLS CLOSED	11/27 SCHOOLS CLOSED
11/30 Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk				

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.