




CTHSS October

2009 Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1 Turkey Sloppy Joe on a Bun Corn Assorted Fruit Milk	10/2 Chicken or Cheese Quesadillas Pizza Garden Salad Assorted Fruit Milk
10/5 Turkey or Beef Hot Dogs On a Bun (2) Oven Baked Fries Assorted Fruit Milk	10/6 Beef & Cheese w/ a Tortilla (2) Lettuce & Tomato Assorted Fruit Milk	10/7 Pasta w/ Meatballs Garden Salad Assorted Fruit Milk	10/8 Chicken and Rice Vegetable Blend Assorted Fruit Milk	10/9 Chef's Choice Vegetables Assorted Fruit Milk
10/12 COLUMBUS DAY SCHOOLS CLOSED	10/13 SCHOOLS CLOSED	10/14 Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk	10/15 Hamburger/Cheeseburger on a Wheat Bun Potato Salad Assorted Fruit Milk	10/16 Cheese Pizza Garden Salad Assorted Fruit Milk
10/19 Turkey or Beef Hot Dogs On a Bun (2) Coleslaw Assorted Fruit Milk	10/20 Chicken Nuggets Rice Green Beans Assorted Fruit Milk	10/21 Macaroni & Cheese Broccoli Assorted Fruit Milk	10/22 Turkey Sloppy Joe on a Bun Corn Assorted Fruit Milk	10/23 Chef's Choice Vegetables Assorted Fruit Milk
10/26 Hamburger/Cheeseburger on a Wheat Bun Potato Salad Assorted Fruit Milk	10/27 Chicken & Vegetables Rice Assorted Fruit Milk	10/28 Pasta w/ Meatballs Garden Salad Assorted Fruit Milk	10/29 Grilled Chicken on a Wheat Roll Coleslaw Assorted Fruit Milk	10/30 Chicken or Cheese Quesadillas Pizza Garden Salad 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.

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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](mailto: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](http://www.cttech.org).