

SEPTEMBER 2021 CT Technical Education and Career Schools

LUNCH



Assorted Sandwiches and Salads Available Daily
Milk Choices: 1% White and Fat Free Chocolate
Fresh Fruit, Canned Fruit & 100% Fruit Juice Daily
This institution is an equal opportunity provider



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Fajita over Cilantro Lime Rice Peppers, Onions, Salsa Fiesta Red Beans Fresh Baby Carrots **1**

Pasta with Meat Sauce Warm Dinner Roll Mixed Green Tossed Salad Tuscan White Bean Salad **2**

Fresh Made Pizza with Assorted Toppings Tomato & Cucumber Salad Fresh Broccoli Salad **3**

Labor Day
No School **6**

Spicy or Crispy Chicken Tenders Warm Dinner Roll Seasoned Potato Wedges Grape Tomato Cup **7**

Sloppy Joe on Roll Kernel Corn Fresh Baby Carrots **8**

General Tso Chicken with Fried Rice Stir Fried Vegetables Fresh Cucumbers with Dill **9**

Fresh Made Pizza with Assorted Toppings Green Leaf Tossed Salad Fresh Broccoli Salad **10**

Chicken Parmigiana on Roll Italian Green Beans Tuscan White Bean Salad **13**

Brunch for Lunch Egg, Turkey Sausage & Cheese on Ciabatta Roll Tater Tots Fresh Coleslaw **14**

Teriyaki Chicken over Buttered Noodles Capri Mixed Vegetables Honey Glazed Carrots **15**

Breaded Mozzarella Sticks with Marinara Warm Dinner Roll Steamed Broccoli with Garlic **16**

French Bread Pizza Green Leaf Tossed Salad Fresh Grape Tomatoes with Basil **17**

Crispy Chicken & Waffles Smiley Fries Fresh Baby Carrots **20**

Sloppy Joe on Roll Buttered Corn Grape Tomato Cup **21**

General Tso Chicken with Fried Rice Stir Fried Vegetables Fresh Cucumber with Dill **22**

Stuffed Shells OR Lasagna in Sauce Garlic Bread Stick Steamed Green Beans Marinated Broccoli Salad **23**

Fresh Made Pizza With Assorted Toppings Green Leaf Tossed Salad Marinated Chick Pea Salad **24**

Hamburger or Cheeseburger on Roll Crinkle Cut Fires Steamed Corn **27**

Orange Popcorn Chicken Over Steamed Rice Warm Dinner Roll Red & Green Pepper Strips Sweet Green Peas **28**

District Professional Development Day
No School **29**

Baked Mac & Cheese Warm Dinner Roll Spring Mix Salad Cowboy Bean Salad **30**

