### January 2022
CT Technical Education & Career System-Carb Cts

#### Monday
- 2-All Beef Hot Dog on Bun-22
- BBQ Baked Beans-30
- Fruit Choices
- Milk Choice
- Asian Popcorn Chicken-21
- Steamed Rice-22
- Steamed Broccoli Florets-8
- Fruit Choices
- Milk Choice

#### Tuesday
- **Steak & Cheese on Bun-32**
- Sweet Potato Fries-19
- Fruit Choices
- Milk Choice
- 41-Pasta with Meat Sauce-11
- Marinara Dipping Sauce-11
- Garlic Bread Stick-17
- Steamed Broccoli Florets-8
- Fruit Choices
- Milk Choice

#### Wednesday
- 16-Chicken Patty on Bun-23
- Seasoned Broccoli Florets-8
- Fruit Choices
- Milk Choice
- Land O Lakes Creamy Mac & Cheese-40
- Warm Dinner Roll-16
- Mixed Veggies-3
- Fruit Choices
- Milk Choice

#### Thursday
- 0-Beef Patty on Bun-23
- Assorted Toppings
- Seasoned Potato Wedges-17
- Fruit Choices
- Milk Choice
- 41-Pasta with Meat Sauce-11
- Garlic Bread Stick-17
- Steamed Broccoli Florets-8
- Fruit Choices
- Milk Choice

#### Friday
- Cheese Pizza Slice-33
- Fresh Garden Salad-1
- Fruit Choices
- Milk Choice
- **Martin Luther King Jr Day No School**

#### Weekend
- **2-All Beef Hot Dog on Bun-22**
- BBQ Baked Beans-30
- Fruit Choices
- Milk Choice
- **Cheese Stuffed Bread Sticks-28**
- Marinara Dipping Sauce-11
- Seasoned Green Beans-4
- Fruit Choices
- Milk Choice

---

**Daily Entrée Options May Include Assorted Sandwiches and Chef Salads with Roll**
- Fruit Options Include Fresh, Canned in Light Syrup or Juice, Dried and 100% Fruit Juice
- Milk Choices Include: 1% White, Fat Free Chocolate & Lactaid

**Assorted Fresh Veggie Cups Daily**

--

*DID YOU KNOW? A complete lunch for a student includes 2 fruit items, 2 veggie items, 2 servings of grains, 8 oz of milk and at least 2 oz of a protein item. Balanced and designed to meet high school calorie needs.*

---

**PLEASE NOTE: DAILY MENUS MAY VARY BY SCHOOL.**

---

This institution is an equal opportunity provider

Due to unprecedented supply and delivery issues this menu is subject to change.