



# JANUARY 2022

## CT Technical Education & Career System-Carb Cts

**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.

### Monday

**3**  
2-All Beef Hot Dog on Bun-22  
BBQ Baked Beans-30  
Fruit Choices  
Milk Choice

**10**  
Asian Popcorn Chicken-27  
Steamed Rice-22  
Kernel Corn-16  
Warm Dinner Roll-16  
Fruit Choices Milk Choice

**17**  
**Martin Luther King Jr Day**  
**No School**

**24**  
2-All Beef Hot Dog on Bun-22  
BBQ Baked Beans-30  
Fruit Choices  
Milk Choice

**28**  
Cheese Stuffed Bread Sticks-28  
Marinara Dipping Sauce-11  
Seasoned Green Beans-4  
Fruit Choices  
Milk Choice

### Tuesday

**4**  
**Steak & Cheese on Bun-32**  
Sweet Potato Fries-19  
Fruit Choices  
Milk Choice

**11**  
41-Pasta with Meat Sauce-11  
Garlic Bread Stick-17  
Seasoned Green Beans-4  
Fruit Choices  
Milk Choice

**18**  
16-Chicken Patty on Bun-23  
Seasoned Broccoli Florets-8  
Fruit Choices  
Milk Choice

**25**  
4-Sloppy Joe on Bun-23  
Potato Wedges-17  
Fruit Choices  
Milk Choice

### Wednesday

**5**  
16-Chicken Patty on Bun-23  
Seasoned Broccoli Florets-8  
Fruit Choices  
Milk Choice

**12**  
Land O Lakes  
Creamy Mac & Cheese-40  
Warm Dinner Roll-16  
Mixed Veggies-3  
Fruit Choices Milk Choice

**19**  
Breaded Mozz Sticks-31  
Marinara Dipping Sauce-11  
Garlic Bread Stick-17  
Fruit Choices  
Milk Choice

**26**  
Buffalo Popcorn Chicken-14  
Fresh Celery Sticks-3  
Warm Dinner Roll-16  
Fruit Choices  
Milk Choice

### Thursday

**6**  
0-Beef Patty on Bun-23  
Assorted Toppings  
Seasoned Potato Wedges-17  
Fruit Choices  
Milk Choice

**13**  
21-Mexican Tacos with  
Toppings  
Steamed Rice-22  
Refried Beans-15  
Fruit Choices Milk Choice

**20**  
0-Beef Patty on Bun-23  
Assorted Toppings  
Seasoned Potato Wedges-17  
Fruit Choices  
Milk Choice

**27**  
41-Pasta with Meat Sauce-11  
Garlic Bread Stick-17  
Seasoned Green Beans-4  
Fruit Choice  
Milk Choice

### Friday

**7**  
Cheese Pizza Slice-33  
Fresh Garden Salad-1  
Fruit Choices  
Milk Choice

**14**  
33-Cheese Pizza with  
Assorted Toppings  
Steamed Broccoli Florets-8  
Fruit Choices  
Milk Choice

**21**  
33-Cheese Pizza with  
Assorted Toppings  
Seasoned Green Beans-4  
Fruit Choices  
Milk Choice

**28**  
33-Cheese Pizza with  
Assorted Toppings  
Steamed Broccoli Florets-8  
Fruit Choices  
Milk Choice

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



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

*This institution is an equal opportunity provider* Due to unprecedented supply and delivery issues this menu is subject to change