

# OCTOBER 2022

## CT Technical Education & Career System

Monday	Tuesday	Wednesday	Thursday	Friday
44-Jamaican Beef Patty <sup>3</sup> 22-Rice & Beans 8-Seasoned Mixed Veggies 7-Fresh Coleslaw Fruit Choices Milk Choice	Bean & Cheese Burrito <sup>41</sup> with Salsa -11 Garlic Broccoli -8 Fruit Choices Milk Choice	16-Orange Popcorn Chicken Rice Pilaf-22 Honey Ginger Carrots-10 Cucumber w/ Dill -4 Fruit Choices Milk Choice	Chicken & Ham Melt <sup>6</sup> On Croissant-24 Tuscan White Beans-16 Oven Fries -22 Fruit Choices Milk Choice	32Breaded Mozzarella Sticks with Marinara Sauce-11 3-Mixed Garden Salad 4-Steamed Cauliflower Fruit Choices Milk Choice
<b>Columbus Day<sup>10</sup></b> <b>No School!</b>	14-Popcorn Chicken <sup>11</sup> 22- Rice Pilaf 4-Steamed Green Beans 10-Lemon-Roasted Carrots 16-Warm Dinner Roll	0-Beef Tacos-36 <sup>12</sup> 16-Mexicali Corn 20-Mojo Red Beans Fruit Choices Milk Choice	41-Pasta with Meat Sauce <sup>11</sup> 16-Garlic Knot Roll 12-Sautéed Zucchini & Tomatoes Fruit Choices Milk Choice	33-Cheese Pizza w/ Assorted Toppings <sup>14</sup> 3-Mixed Garden Salad 9-Cucumber & Tomato Salad Fruit Choices Milk Choice
18-Crispy Chicken Tenders <sup>17</sup> 16-Warm Dinner Roll 21-Sweet Potato Crinkle Cuts 8-Steamed Broccoli Fruit Choices Milk Choice	Sweet 'n Sour Chicken- <sup>18</sup> over Steamed Rice-22 Roasted Butternut Squash-8 Stir Fry Vegetable Blend-6 Fruit Choices Milk Choice	Beef & Bean Chili-31 <sup>19</sup> Cheesy Breadstick-13 Seasoned Green Beans-4 Fruit Choices Milk Choice	<b>Brunch for Lunch<sup>20</sup></b> French Toast Sticks-45 Home Fried Potatoes-13 Turkey Sausage Links-0 Cucumber Sticks-4 Fruit Choices Milk Choice	33-Buffero Chicken Pizza <sup>21</sup> 3-Mixed Garden Salad 26-Chickpea Salad Fruit Choices Milk Choice
16-Crispy or Spicy Chicken <sup>24</sup> Patty on Bun-23 Potato Wedges-19 Baby Carrots-10 Fruit Choices Milk Choice	24-Lasagna Rollups in <sup>25</sup> 11-Marinara Sauce 6-Pizza Green Beans 16-Warm Dinner Roll Fruit Choices Milk Choice	<b>Professional<sup>26</sup></b> <b>Development</b> <b>No School!</b>	30-Corn Dog Nuggets <sup>27</sup> 20-Cowboy Bean Salad 8-Mixed Vegetables Fruit Choices Milk Choices	32Breaded Mozzarella Sticks <sup>28</sup> with Marinara Sauce-11 3-Mixed Garden Salad Grape Tomato/Basil Salad <sup>11</sup> Fruit Choices Milk Choice
0-Hamburger/Cheeseburger <sup>31</sup> On Bun-23 Potato Salad-19 Baby Carrots -10 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