DID YOU KNOW? A balanced, heathy breakfast is available to ALL students AT NO CHARGE every school morning. Get your day off to a great start with SCHOOL BREAKFAST!

CT Technical Education & Career System

Monday

Tuesday

Wednesday

Thursday

Friday









38-Chicken Quesadilla P<mark>izza</mark> 3-Mixed Green Salad 12-Sauteed Zucchini/Tomato Fruit Choices Milk Choice

Labor Day No School!

30-Corn Dog Nuggets 5
21-Sweet Potato Wedges
14-Confetti Corn Salad
Fruit Choices
Milk Choice

44-Jamaican Beef Patty 6
9-Cucumber & Tomato Salad
5-Steamed Cauliflower
Fruit Choices
Milk Choice

41-Meatball Grinder 7
19-Seasoned Potato Wedges
8-Steamed Broccoli Florets
Fruit Choices
Milk Choice

Cheese or Pepperon Pizza Bagel
3-Mixed Garden Salad
11-Tomato/Basil Salad
Fruit Choices Milk Choice

14-Breaded Chicken Strips 26-Marinated Chickpea Salad 19-Tater Tots 19-Garlic Bread Stick Fruit Choices Milk Choice 26-French Toast Sticks
17-Home Fried Potatoes
2-Turkey Sausage Links
10-Fresh Baby Carrots
Fruit Choices Milk Choice

24-Stuffed Shells in
11-Marinara Sauce
16-Garlic Knot Roll
5-Lettuce & Tomato Cup
Fruit Choices Milk Choice

1-Chicken Carnitas
42-w/ tortillas (2)
Pico de Gallo
18-Cuban Black Beans
Fruit Choices Milk Choice

28-Mozzarella Bites
11-w/ Marinara Sauce
3-Mixed Garden Salad
Fruit Choices
Milk Choice

57-Italian Breadstick Dunkers
11-w/ Marinara
4-Sauteed Summer Squash
4-Seasoned Green Beans
Fruit Choices Milk Choice

General Tso's
17-Popcorn Smackers
44-Steamed Rice
12-Seasoned Vegetables
9-Honey Ginger Carrots
Fruit Choices Milk Choice

2-Chicken Fajita
42- Tortillas (2)
20-Fiesta Red Beans
12-Seasoned Vegetables
Fruit Choices Milk Choice

40-Baked Mac & Chee 19-Garlic Bread Stick
12-Sweet Green Peas
8-Steamed Broccoli Florets
Fruit Choices Milk Choice

Broccoli & Garlic Pizz 3-Mixed Garden Salad 4-Lemon Roasted Carrots Fruit Choices Milk Choice

Hamburger/Cheeseburges
23-On bun
22-Corn on the Cob
8-Steamed Broccoli Florets
Fruit Choices Milk Choice

36-Beef or Cheese Nachos
16-Mexican Street Corn
23-Spanish Rice
20-Fiesta Red Beans
Fruit Choices Milk Choice

Nardone's French
30-Bread Pizza
3-Mixed Garden Salad
6-Marinated Broccoli Salad
Fruit Choices Milk Choice

5-Breaded Drumstick 28
5-Mashed Potatoes
16-Kernel Corn
32-Honey Biscuit
Fruit Choices Milk Choice

32-Breaded Mozzarella Stors

11-w/ Marinara Sauce

16-Garlic Knot Roll

3-Mixed Garden Salad

4-Steamed Green Beans

Fruit Choices Milk Choice