



LUNCH

JANUARY 2024

CT Technical Education & Career System

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

Monday

Winter Break
No School!

Hamburger/Cheeseburger
On Bun
BBQ Baked Beans
Sweet Potato Wedges
Fruit Choices Milk Choice

MLK DAY
No School!

Breaded Chicken Filet
On Bun
Seasoned Potato Wedges
Cucumber/Tomato Salad
Fruit Choices Milk Choice

Breaded Chicken Strips
Warm Dinner Roll
Roasted Butternut Squash
Marinated Chickpea Salad
Fruit Choices Milk Choice

Tuesday

Corn Dog Nuggets
Cowboy Bean Salad
Seasoned Green Beans
Fruit Choices
Milk Choice

Beef Tacos
Cuban Black Beans
Pico de Gallo
Fruit Choices
Milk Choice

Sloppy Joe on Roll
Mixed Vegetables
Sweet Potato Wedges
Fruit Choices
Milk Choice

Beef or Cheese Nachos
Mexican Street Corn
Spanish Rice
Fiesta Red Beans
Fruit Choices Milk Choice

Diced Chicken w/ gravy
Mashed Potatoes
Kernel Corn
Garlic Knot Roll
Fruit Choices Milk Choice

Wednesday

Breaded Drumstick
Mashed Potatoes
Corn on the Cob
Honey Biscuit
Fruit Choices Milk Choice

Pasta with Meat Sauce
Garlic Breadstick
Sautéed Zucchini &
Tomatoes
Fruit Choices Milk Choice

Brunch For Lunch
French Toast Sticks
Home Fried Potatoes
Turkey Sausage Links
Fresh Baby Carrots
Fruit Choices Milk Choice

Chicken Broccoli Alfredo
Steamed Spinach & Carrots
Grape Tomato & Basil Salad
Fruit Choices
Milk Choice

Beef & Bean Chili
Cheesey Breadstick
Seasoned Green Beans
Fruit Choices
Milk Choice

Thursday

General Tso's
Popcorn Smackers
Steamed Rice
Snap peas
Honey Ginger Carrots
Fruit Choices Milk Choice

Chicken Fajita w/
Tortillas
Fiesta Red Beans
Seasoned Vegetables
Fruit Choices Milk Choice

Chicken Quesadilla Pizza
Mixed Garden Salad
Marinated Broccoli Salad
Fruit Choices
Milk Choice

Popcorn Smackers
& Rice Pilaf
Steamed Green Beans
Lemon-Roasted Carrots
Warm Dinner Roll
Fruit Choices Milk Choice

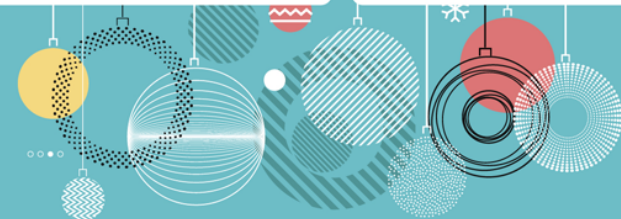
Friday

Nardone's French
Bread Pizza
Mixed Garden Salad
Marinated Broccoli Salad
Fruit Choices Milk Choice

Bosco Cheese Filled Bread
Stick w/ Marinara
Mixed Garden Salad
Fruit Choices
Milk Choice

Breaded Mozzarella Sticks
w/ Marinara Sauce
Warm Dinner Roll
Mixed Garden Salad
Steamed Green Beans
Fruit Choices Milk Choice

Cheese or Pepperoni
Pizza Bagel
Mixed Garden Salad
Tomato/Basil Salad
Fruit Choices Milk Choice



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

This institution is an equal opportunity provider

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