

Lunch

SEPTEMBER 2025 Connecticut 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 BREAK-FAST!

MONDAY

1

**Labor Day
No School!**

8

Nardone's Cheese Pizza
w/ Assorted Toppings
Mixed Garden Salad
Marinated Broccoli
Fruit Choices Milk Choice

15

Stuffed Crust Pizza
w/ Assorted Toppings
Mixed Garden Salad
Steamed Green Beans
Fruit Choices Milk Choice

22

Cheese Pizza
w/ Assorted Toppings
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices Milk Choice

29

Breaded Chicken Strips
Warm Dinner Roll
Buffalo Cauliflower
Kale and Apple Salad
Fruit Choices Milk Choice

TUESDAY

2

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

9

Beef & Cheese Nachos
Spanish Rice
Fiesta Red Beans
Pico de Gallo
Fruit Choices Milk Choice

16

Chicken Parm on Roll
Potato Salad
Confetti Corn Salad
Fruit Choices
Milk Choice

23

Chicken Fajitas
Southwest Bean Salad
Mexican Street Corn
Fruit Choices
Milk Choice

30

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

WEDNESDAY

3

Sausage, Egg, & Cheese
On English muffin
Home Fried Potatoes
Fresh Baby Carrots
Fruit Choices Milk Choice

10

Philly Cheese Steak Sandwich
Sweet Potato Fries
Steamed Green Beans
Fruit Choices
Milk Choice

17

Baked Mac & Cheese
Garlic Bread Stick
Sweet Green Peas
Steamed Broccoli Florets
Fruit Choices Milk Choice

24

**Professional Development
No School!**

THURSDAY

4

Meatball Grinder
Steamed Broccoli Florets
Cucumbers w/ Dill
Fruit Choices
Milk Choice

11

General Tso's Rice Bowl
Popcorn Snackers, Rice,
Steamed Broccoli Florets
Honey Glazed Carrots
Fruit Choices Milk Choice

18

BBQ Chicken Thighs
Steamed Rice, Corn Bread
Tuscan White Beans
Smoky Cauliflower
Fruit Choices Milk Choice

25

Baked Potato Bar
Chili, Cheese, Broccoli
Garlic Knot Roll
Steamed Rice
Fruit Choices Milk Choice

FRIDAY

5

Breaded Cheese Ravioli
w/ marinara
Cucumber/Tomato salad
Sauteed Summer Squash
Fruit Choices Milk Choice

12

Hamburger/Cheeseburger
On bun
Coleslaw
Seasoned Potato Wedges
Fruit Choices Milk Choice

19

Breaded Mozzarella Sticks
w/ Marinara Sauce
Dinner Roll, Lemon Carrots,
Sauteed Zucchini & Tomatoes
Fruit Choices Milk Choice

26

Breaded Chicken Filet
On bun
Smiley Fries
Roasted Butternut Squash
Fruit Choices Milk Choice



Daily entrée option 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. Due to unprecedented supply and delivery issues, this menu is subject to change. This institution is an equal opportunity provider.