

Lunch

OCTOBER 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



6

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

13

Columbus Day
No School!

20

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

27

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

TUESDAY



7

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

14

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

21

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

28

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

WEDNESDAY

1

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

8

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

15

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

22

Professional Development
No School!

29

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

THURSDAY

2

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

9

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

16

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

23

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

30

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

FRIDAY

3

Mini Cheese Ravioli w/ Marinara
Dinner Roll
Cucumber/Tomato Salad
Sauteed Summer Squash
Fruit Choices Milk Choices

10

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

17

Breaded Mozzarella Sticks
w/ Marinara, dinner roll
Lemon-Roasted Carrots
Sauteed Zucchini & Tomatoes
Fruit Choices Milk Choice

24

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

31

Mini Cheese Ravioli
w/ Marinara, Dinner roll
Cucumber/Tomato Salad
Sauteed Summer Squash
Fruit Choices Milk Choice