

## Lunch

# NOVEMBER 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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

Nardones Cheese Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Marinated Broccoli  
Fruit Choices Milk Choice

**4**

Professional Development  
No School!

**5**

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

**6**

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

**7**

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

**10**

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

**11**

Veterans Day  
No School!

**12**

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

**13**

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

**14**

Breaded Mozzarella Sticks  
w/ Marinara Sauce  
Warm Dinner Roll  
Lemon-Roasted Carrots  
Sauteed zucchini & Tomatoes  
Fruit Choices Milk Choice

**17**

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

**18**

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

**19**

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

**20**

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

**21**

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

**24**

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

**25**

Sliced Turkey in Gravy  
Over Whipped Potatoes  
Honey Glazed Carrots  
Corn Bread  
Fruit Choices Milk Choice

**26**

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

**27**

Thanksgiving Break  
No School!

**28**

Thanksgiving Break  
No School!