

## Lunch

JANUARY 2026

### 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 BREAKFAST!

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MONDAY

♥ TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5  
Nardone's Cheese Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Marinated Broccoli  
Fruit Choices Milk Choice

6  
Beef & Cheese Nachos  
Spanish Rice  
Fiesta Red Beans  
Pico de Gallo  
Fruit Choices Milk Choice

7  
Chicken Parm on Roll  
Potato Salad  
Confetti Corn Salad  
Fruit Choices  
Milk Choice

8  
Buffalo Chicken Rice Bowl  
Popcorn Smackers, Rice,  
Steamed Broccoli Florets  
Honey Glazed Carrots  
Fruit Choices Milk Choice

9  
Hamburger/Cheeseburger  
On Bun  
Coleslaw  
Seasoned Potato Wedges  
Fruit Choices Milk Choice

12  
Stuffed Crust Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Steamed Green Beans  
Fruit Choices Milk Choice

13  
Beef & Bean Chili  
Garlic Knot Roll  
Honey Glazed Carrots  
Fruit Choices  
Milk Choice

14  
French Toast Sticks  
Turkey Sausage Links  
Home Fried Potatoes  
Fresh Baby Carrots  
Fruit Choices Milk Choice

15  
Baked Potato Bar  
Chili, Cheese, Broccoli  
Warm Dinner Roll  
Steamed Rice  
Fruit Choices Milk Choice

16  
Breaded Mozzarella Sticks  
w/ Marinara Sauce  
Warm Dinner Roll  
Lemon-Roasted Carrots  
Sautéed Zucchini & Tomatoes  
Fruit Choices Milk Choice

19  
MLK Day  
No School!

20  
Cheese Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Fresh Baby Carrots  
Fruit Choices Milk Choice

21  
Pulled Pork Carnitas  
Cilantro-Lime Rice  
Cuban Black Beans  
Mexican Street Corn  
Fruit Choices Milk Choice

22  
Breaded Drumstick  
Mashed Potatoes  
Kernel Corn  
Honey Biscuit  
Fruit Choices Milk Choice

23  
Breaded Chicken Filet  
On Bun  
Smiley Fries  
Roasted Butternut Squash  
Fruit Choices Milk Choice

26  
Mozzarella Bites  
w/ Marinara Sauce  
Buffalo Cauliflower  
Kale and Apple Salad  
Fruit Choices Milk Choice

27  
Pasta w/ Meatballs  
Steamed Broccoli Florets  
Mixed Garden Salad  
Fruit Choices  
Milk Choice

28  
Grilled Cheese  
Tomato Soup  
Smiley Fries  
Fruit Choices  
Milk Choice

29  
Sloppy Joe on Roll  
Cucumber/Tomato Salad  
Tater Tots  
Fruit Choices  
Milk Choice

30  
Breaded Chicken Strips  
Garlic Knot Roll  
Fresh Baby Carrots  
Chickpea Salad  
Fruit Choices Milk Choice