

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!

**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  
Sauteed 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