

Lunch

JUNE 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

1

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

8

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

15

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

22

Breaded Chicken Strips
Tater Tots
Warm Dinner Roll
Fresh Baby Carrots
Fruit Choices Milk Choice

29

TUESDAY

2

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

9

Chicken, Corn, &
Mashed Potato Bowl
Steamed Green Beans
Honey Biscuit
Fruit Choices Milk Choice

16

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

23

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

30

WEDNESDAY

3

American Chop Suey
Steamed Green Beans
Cucumbers w/ dill
Garlic Knot Roll
Fruit Choices Milk Choice

10

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

17

Buffalo Chicken or
Potato/Bacon Pierogies
Garlic Knot
Sauteed Zucchini & Tomatoes
Steamed Green Beans
Fruit Choices Milk Choice

24

Chef's Choice
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices
Milk Choice

THURSDAY

4

Seasoned Chicken Thighs
Cilantro-lime Rice
Seasoned Vegetables
Honey Glazed Carrots
Fruit Choices Milk Choice

11

Buffalo or BBQ Wings
Celery/Carrot Sticks
Rice & Beans
Onion Rings
Fruit Choices Milk Choice

18

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

25

Chef's Choice
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices
Milk Choice

FRIDAY

5

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

12

Cheese Quesadilla Pizza
Mixed Garden Salad
Buffalo Cauliflower
Fruit Choices
Milk Choice

19

Juneteenth
No School!

26

