

NOVEMBER 2022

CT Technical Education & Career System

Monday

Tuesday

Wednesday

Thursday

Friday

Beef & Broccoli over Steamed Rice
Warm Dinner Roll
Cucumber & Tomato Salad
Fruit Choices Milk Choice

Chicken Fajita over Spanish Rice
Cuban Black Beans
Seasoned Vegetables
Fruit Choices Milk Choice

Pasta W/ Marinara & Mozzarella
Garlic Knot Roll
Seasoned Green Beans
Fruit Choices Milk Choice

Cheese Pizza w/ Assorted Toppings
Mixed Garden Salad
Seasoned Green Beans
Fruit Choices Milk Choice

Crispy or Spicy Chicken Patty on Bun
Smiley Fries
Marinated Broccoli Salad
Fruit Choices Milk Choice

Professional Development No School!

Brunch for Lunch
Egg, Turkey Sausage, & Cheese on Warm Honey Wheat Bagel
Potato Rounds
Fresh Baby Carrots
Fruit Choices Milk Choice

Breaded Mozzarella Sticks w/ Marinara Sauce
Mixed Garden Salad
Kernel Corn
Fruit Choices Milk Choice

Veterans Day No School!

Jamaican Beef Patty
Oven Fries
Cucumber & Tomato Salad
Fruit Choices Milk Choices

Beef Tacos
Mexicali Corn
Fiesta Red Beans
Fruit Choices Milk Choice

Breaded Cheese Ravioli
Steamed Broccoli Florets
Roasted Butternut Squash
Fruit Choices Milk Choice

Sweet 'N Sour Popcorn Chicken
Cilantro Lime Rice
Honey Ginger Carrots
Stir Fry Vegetable Blend
Fruit Choices Milk Choice

Nardone's French Bread Pizza
Grape Tomato & Basil Salad
Mixed Garden Salad
Fruit Choices Milk Choice

Hamburger/Cheeseburger On Bun
Oven Fries
Fresh Baby Carrots
Fruit Choices Milk Choice

Sliced Turkey in Gravy over Whipped Potatoes
Honey Glazed Carrots
Cornbread Loaf
Fruit Choices Milk Choice

Cheese Pizza w/ Assorted Toppings
Mixed Garden Salad
Steamed Broccoli Florets
Fruit Choices Milk Choice

Thanksgiving Break No School!

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Crispy or Spicy Chicken Patty on Bun
Fresh Baby Carrots
Steamed Green Beans
Fruit Choices Milk Choice

Mozzarella Bites w/ Marinara Sauce
Garlic Broccoli
Fruit Choices Milk Choice

Sloppy Joe on Roll
Seasoned Potato Wedges
Tuscan White Beans
Fruit Choices Milk Choice

Daily Entrée Options May Include Assorted Sandwiches and Chef Salads with Roll
Fruit Options Include Fresh, Canned in Light Syrup or Juice, Dried and 100% Fruit Juice
Milk Choices Include: 1% White, Fat Free Chocolate, & Lactaid

This institution is an equal opportunity provider

Due to Unprecedented Supply and Delivery Issues This Menu is Subject to Change

