

# CTECS LUNCH MENU

October 29 –November 2, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Boneless Honey BBQ Beef Ribs on a Whole Grain Bun!</b> Sweet Potato Wedges Fresh Cucumber &amp; Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Beef and Bean Chili!</b> Cornbread Muffin Whole Grain Dinner Roll Green Leaf Tossed Garden Salad Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Pasta with Meat Balls!</b> Garlic Bread Stick Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Mexican Beef Tacos!</b> with Cheddar Cheese, Lettuce, Tomato, Salsa, &amp; Sour Cream Steamed Brown Rice Whole Kernel Corn Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or Buffalo Chicken</b> Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Sweet Potato Wedges Fresh Cucumber &amp; Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Pizza!</b> Whole Grain Dinner Roll Green Leaf Tossed Garden Salad Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Spicy Chicken on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on a Whole Grain Bun!</b> Whole Kernel Corn Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Sweet Potato Wedges Fresh Cucumber &amp; Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on Whole Grain Tortilla!</b> Lettuce and Tomato Whole Grain Dinner Roll Green Leaf Tossed Garden Salad Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll!</b> Lettuce and Tomato Green Leafy Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato Whole Kernel Corn Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

# CTECS LUNCH MENU

November 5 through November 10, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Bacon Cheeseburger!</b> 100% Beef Patty Cooked to perfection and smothered with American Cheese, nestled in a Bakery Fresh Whole Grain Kaiser Roll with Turkey Bacon Oven Baked French Fries Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Professional Day!</b></p>	<p><b>Whole Grain Pasta with Meat Sauce!</b> Tomato &amp; Cucumber Salad! Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Southwest Marinated Chicken Breast Sandwich!</b> Grilled Boneless Chicken Breast with a Southwest Flair, served on a Whole Grain Ciabatta Roll with Lettuce and Tomato BBQ Baked Beans Mexicali Corn Choice of Fresh Fruit in Season or Chilled Fruit</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or Meatball</b> Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Cucumber &amp; Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Oven Baked French Fries Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>		<p><b>Fresh Made Spicy Chicken on a Whole Grain Bun!</b> Tomato &amp; Cucumber Salad! Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on a Whole Grain Bun!</b> BBQ Baked Beans Mexicali Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Fresh Cut Cucumber &amp; Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Oven Baked French Fries Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>		<p><b>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll!</b> Lettuce and Tomato Tomato &amp; Cucumber Salad! Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato BBQ Baked Beans Mexicali Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Green Leaf Tossed Garden Salad Fresh Cut Cucumber &amp; Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad!</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>		<p><b>Oven Roasted Turkey &amp; Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

# CTECS LUNCH MENU

November 12 through November 16, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Veteran's Day!</b></p>	<p><b>Grilled Cheese on Whole Grain Grilled Flatbread!</b> Fire Roasted Flat Bread Toasted to Perfection and Oozing with American Cheese Sweet Potato Fries California Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Meatball Grinder!</b> Beef Meatballs smothered in Marinara Sauce and Stuffed into a Bakery Fresh Grinder Roll, topped with Shredded Mozzarella Cheese and Baked until Crusty Three Bean Salad Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Chicken &amp; Cheese Or Bean &amp; Cheese Quesadilla!</b> Lettuce, Tomato, &amp; Salsa Refried Beans Herbed Potato Fresh Fruit in Season or Chilled Fruit</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or Tomato &amp; Basil</b> Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Carrots with Dill Fresh Fruit in Season or Chilled Fruit</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>		<p><b>Fresh Made Whole Grain Cheese Pizza!</b> Sweet Potato Fries California Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Spicy Chicken on Whole Grain Bun!</b> Three Bean Salad Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on Whole Grain Bun!</b> Refried Beans Herbed Potato Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Fresh Cut Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>		<p><b>Buffalo Chicken on a Whole Grain Tortilla!</b> Lettuce and Tomato Sweet Potato Fries California Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll!</b> Lettuce and Tomato Three Bean Salad Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato Refried Beans Herbed Potato Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter OR Sunbutter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Green Leaf Tossed Garden Salad Fresh Cut Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>		<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

## CTECS LUNCH MENU

November 19 through November 23, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Brunch for Lunch!</b> <b>Whole Grain French Toast Sticks!</b> With Syrup &amp; Sausage Patties Baked Potato Wedges Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey!</b> Mashed Potato &amp; Gravy Whole Grain Stuffing Whole Wheat Dinner Roll Steamed Seasoned Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Half Day!</b> <b>Whole Grain Breaded Chicken Nuggets!</b> Oven Baked Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Thanksgiving!</b></p>	<p><b>The Day After!</b></p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Baked Potato Wedges Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Pizza!</b> Mashed Potato &amp; Gravy Steamed Seasoned Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>No Alternate Served Today!</b></p>		
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Baked Potato Wedges Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on a Whole Grain Tortilla Wrap!</b> Lettuce and Tomato Mashed Potato &amp; Gravy Steamed Seasoned Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>No Deli Served Today!</b></p>		
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad!</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>No Chef Salad Served Today!</b></p>		

## CTECS LUNCH MENU

November 26 through November 30, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Whole Grain Breaded Chicken Tenders!</b> Choice of BBQ or Buffalo Dipping Sauces Whole Grain Dinner Roll Pizza Green Beans Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Brunch for Lunch! WG Pancakes with Syrup!</b> Sausage Patties Baked Tator Tots Fresh Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Whole Grain Dinner Roll Steamed Lemon Broccoli Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Stir Fry Chicken &amp; Pineapple!</b> Over Fried Rice Oriental Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or White Broccoli &amp; Garlic</b> Pizza on Whole Grain Crust Fresh Made Three Bean Salad Steamed Seasoned Peas and Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Pizza Green Beans Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Pizza!</b> Baked Tator Tots Fresh Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Spicy Chicken on a Whole Grain Bun!</b> Steamed Lemon Broccoli Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on a Whole Grain Bun!</b> Oriental Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Fresh Made Three Bean Salad Steamed Seasoned Peas and Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Pizza Green Beans Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on Whole Grain Tortilla!</b> Lettuce and Tomato Baked Tator Tots Fresh Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll!</b> Lettuce and Tomato Steamed Lemon Broccoli Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato Oriental Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Fresh Made Three Bean Salad Steamed Seasoned Peas and Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>