

CTECS LUNCH MENU

October 1 through 5, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Whole Grain Chicken Nuggets With Choice of BBQ or Hot Dipping Sauce! Mashed Potato & Gravy Fresh Made Black Beans & Corn Salad Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Grilled Cheese on Whole Grain Bread! Oven Baked Tator Tots Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Meatball Grinder with Melted Mozzarella! Steamed California Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Stir Fry Chicken and Pineapple Over Fried Rice! Oriental Vegetables Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella or Pepperoni on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Made Tomato & Cucumber Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun! Mashed Potato & Gravy Fresh Made Black Beans & Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Oven Baked Tator Tots Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken Patty on a Whole Grain Bun! Steamed California Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Oriental Vegetables Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Made Tomato & Cucumber Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli Sandwiches!</p> <p>Today's featured Sandwich!</p> <p style="text-align: right;">\$3.35</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Mashed Potato & Gravy Fresh Made Black Beans & Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Oven Baked Tator Tots Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Steamed California Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Oriental Vegetables Fresh Cut Cucumbers with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Peanut Butter OR Sunbutter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Green Leaf Tossed Garden Salad Fresh Made Tomato & Cucumber Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p>Today's Featured Salad!</p> <p style="text-align: right;">\$3.35</p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey & Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

October 9 through 12, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Columbus Day!</p>	<p>Chicken Parmigiana Sandwich! Steamed Broccoli Florets Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Macaroni & Cheese! Whole Grain Dinner Roll Steamed Seasoned Broccoli Fresh Made Rockin' Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Taco Nachos! Whole Grain Corn Chips Smothered with Taco Meat, Cheddar Cheese, Salsa, & Lettuce & Tomato Cilantro Lime Rice Seasoned Kernel Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Cheese or Turkey Bacon Pizza Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>		<p>Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Steamed Broccoli Florets Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on a Whole Grain Bun! Steamed Seasoned Broccoli Fresh Made Rockin' Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Cilantro Lime Brown Rice Seasoned Kernel Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>		<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce and Tomato Steamed Broccoli Florets Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Steamed Seasoned Broccoli Fresh Made Rockin Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Seasoned Kernel Corn Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Tuscan White Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>		<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey & Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

October 15 through 19, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Chicken Fajitas! Sliced Fajita Chicken Strips, Grilled Onions & Peppers, and Salsa Nestled in a Soft Tortilla Wrap Steamed Brown Rice Refried Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Brunch for Lunch! French Toast Sticks With Syrup! Turkey Sausage Patties Home Fried Potatoes Grape Tomatoes & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Pasta with Meat Sauce! Garlic Bread Stick Green Leaf Tossed Garden Salad Seasoned Green Peas Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Baked Potato Bar! With Broccoli, Chili and Cheddar Cheese and Sour Cream Toppings Warm Bread Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato and Basil on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>All Beef Hot Dog on Whole Grain Bun! Refried Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Whole Grain Cheese Pizza! Home Fried Potatoes Grape Tomatoes & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Green Leaf Tossed Garden Salad Seasoned Green Peas Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Half Baked Potato Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The Delectable Deli!</p> <p style="text-align: right;">\$3.35</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Refried Beans Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Home Fried Potatoes Grape Tomatoes & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll! Lettuce and Tomato Green leaf Tossed Garden Salad Seasoned Green Peas Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Half Baked Potato Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Peanut Butter OR Sunbutter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Green Leaf Tossed Garden Salad Fresh Grape Tomatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>Salads and Such!</p> <p style="text-align: right;">\$3.35</p>	<p>Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

October 22 through 26, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals \$3.35	Philly Cheese Steak on A Whole Grain Grinder Roll! With Peppers and Onions Spicy Spiral Fries Crisp Cabbage Slaw Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Sloppy Joe on a Whole Grain Bun! Fresh Made Home Fries Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain Breaded Mozzarella Sticks with Marinara Sauce! Garlic Bread Stick Green Leaf Tossed Garden Salad Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Spicy Orange Popcorn Chicken! Steamed Rice Sweet Green Peas Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Freshly Made Pizza! Choice of Mozzarella, Pepperoni or Turkey Bacon on Whole Grain Crust Green Leaf Tossed Garden Salad Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Daily Meal Deal Choice 2! \$3.35	All Beef Hot Dog on Whole Grain Bun! Spicy Spiral Fries Crisp Cabbage Slaw Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	French Bread Pizza! Fresh Made Home Fries Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Spicy Chicken on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Cheeseburger on a Whole Grain Bun! Sweet Green Peas Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The Delectable Deli! \$3.35	Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Spicy Spiral Fries Crisp Cabbage Slaw Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken on a Whole Grain Tortilla Wrap! Lettuce and Tomato Freshly Made Home Fries Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Sweet Green Peas Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Green Leaf Tossed Garden Salad Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Salads and Such! \$3.35	Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Virginia Baked Ham and Cheese Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Tuna Salad Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk

CTECS LUNCH MENU

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

