

CTECS LUNCH MENU

June 3 through June 7, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Buffalo Popcorn Chicken Bites! Whole Grain Breaded Popcorn Chicken Smothered with Hot Sauce and served with Celery Sticks and Blue Cheese Dressing! Whole Grain Dinner Roll Southwest Bean Salad 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 Baked Sweet Potato Fries Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Pasta with Meat Sauce! Fresh Cut Red and Green Pepper Strips Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Taco Day! Choice of Soft Tortilla or Hard Taco Shells Stuffed with your choice of Mexican Ground Beef or Chicken, Lettuce & Tomato, Sour Cream, Cheddar Cheese & Salsa Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Crispy Chicken on Whole Grain Crust Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli 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>French Bread Cheese Pizza! Fresh Cut Celery Sticks Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Baked Sweet Potato Fries Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Fresh Cut Red and Green Pepper Strips Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli 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>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce & Tomato Celery Sticks and Blue Cheese Dressing! Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce & Tomato Baked Sweet Potato Fries Confetti Corn Salad 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! Fresh Cut Red and Green Pepper Strips Tossed Green Leaf 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 & Tomato Refried Beans Mexican Corn 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! Fresh Made Tomato & Cucumber Salad Fresh Made Marinated Broccoli 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>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

June 10 through June 14, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Greek Lemon Chicken! Boneless Breast of Chicken Sautéed in a Delectable Lemon Sauce with Garlic and Spices! Whole Grain Dinner Rolls Tuscan White Bean Salad Fresh Cut Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Meatball Grinder! Meatballs smothered in a Delectable Marinara Sauce, nestled in a Bakery Fresh Whole Grain Grinder Roll, and Smothered with Melted Mozzarella Cheese and Toasted to Perfection! California Mixed Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Breaded Mozzarella Sticks! Marinara Dipping Sauce Whole Grain Dinner Roll Steamed Lemon Broccoli Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Stir Fry On a Whole Grain Grinder Roll! Steamed Oriental Vegetables Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Buffalo Chicken on Whole Grain Crust Steamed Peas and Carrots Fresh Made Cowboy 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>French Bread Pizza! Tuscan White Bean Salad Fresh Cut Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Sweet Potato Waffle Fries Fresh Cut Red and Green Pepper Strips with Hummus Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Steamed Lemon Broccoli Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Steamed Oriental Vegetables Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Steamed Peas and Carrots Fresh Made Cowboy 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>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Tuscan White Bean Salad Fresh Cut Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce and Tomato Sweet Potato Waffle Fries Fresh Cut Red and Green Pepper Strips with Hummus 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 Steamed Lemon Broccoli Fresh Made Sweet Corn 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 Steamed Oriental Vegetables Sweet Potato Waffle Fries 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 Steamed Peas and Carrots Fresh Made Cowboy 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>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 Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

June 17 through June 18, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MEAL DEALS!</i> <i>Complete Meals</i></p> <p style="text-align: right;">\$3.35</p>	<p>Whole Grain Breaded Chicken Nuggets! Whole Grain Dinner Roll Oven Baked Spicy Spiral Fries Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Made Spicy Chicken on Whole Grain Bun! Oven Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Kaynor Tech will be Serving Breakfast and/or Lunch</p>	<p>Kaynor Tech will be Serving Breakfast and/or Lunch</p>	<p style="text-align: center;">HAPPY SUMMER!!!</p>
<p><i>Daily Meal Deal Choice 2!</i></p> <p style="text-align: right;">\$3.35</p>	<p>French Bread Cheese Pizza! Oven Baked Spicy Spiral Fries Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>				
<p><i>The Delectable Deli!</i></p> <p style="text-align: right;">\$3.35</p>	<p style="text-align: center;">No Deli Served Today!</p>				
<p><i>Salads and Such!</i></p> <p style="text-align: right;">\$3.35</p>	<p style="text-align: center;">No Salads served Today!</p>				

CTECS LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>MEAL DEALS!</i> <i>Complete Meals</i> \$3.35					
<i>Daily Meal Deal</i> <i>Choice 2!</i> \$3.35					
<i>The Delectable Deli!</i> \$3.35					
<i>Salads and Such!</i> \$3.35					

CTECS LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! <i>Complete Meals</i> \$3.35					
<i>Daily Meal Deal</i> <i>Choice 2!</i> \$3.35					
<i>The Delectable Deli!</i> \$3.35					
<i>Salads and Such!</i> \$3.35					