

CTECS LUNCH MENU

April 29 through May 3, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Taco Nachos! Corn Nacho Chips with Choice of Taco Meat, Cheddar Cheese, Lettuce, Tomato, and Salsa Herbed Broccoli & Cauliflower Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Cacciatore over Whole Grain Pasta! Steamed Capri Vegetables Cucumber & Tomato Salad Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Beef Tamale Pie with Cornbread Topping! Steamed Yellow Rice Red Leaf Tossed Garden Salad Fiesta Red Beans Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Sweet Thai Chili Chicken on a Whole Grain Grinder Roll! Diced Chicken, Fresh Scallions, Sweet Red Pepper Strips, in a sweet Thai Chili Sauce, Nestled in a Whole Grain Grinder Roll Baked Sweet Potato Wedges Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Turkey Bacon on Whole Grain Crust Steamed Carrots with Dill Sweet Corn 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 Made Cucumber and Tomato Salad Fresh Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Steamed Capri Vegetables Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Red Leaf Tossed Garden Salad Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Baked Sweet Potato Wedges Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Steamed Carrots with Dill Sweet Corn 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 Fresh Made Cucumber and Tomato Salad Fresh Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce & Tomato Steamed Capri Vegetables Cucumber & Tomato Salad Steamed Lemon Broccoli 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 Red Leaf Tossed Garden Salad Fiesta Red Beans 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 Baked Sweet Potato Wedges Fresh Made Potato 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! Steamed Carrots with Dill Sweet Corn 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

May 6 Through May 10, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Chicken Carnitas! Tender Chicken Strips, Slow Roasted with Herbs and Flavorings and Served on a Warm Tortilla with Salsa & Brown Rice and Beans Roasted Zucchini Green Leaf Tossed Garden 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 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>Whole Grain Pasta with Choice of Marinara or Meat Sauce! Fresh Made Tuscan Bean Salad Steamed Lemon Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chef Ahern's Famous Meatloaf! Choice of Brown Gravy or Marina Sauce Mashed Potato Fresh Cut Carrots with Dill Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Steak & Cheese on Whole Grain Crust Fresh Made Three Bean Salad Mexican Corn 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! Roasted Zucchini Green Leaf Tossed Garden Salad 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! Fresh Made Tuscan Bean Salad Steamed Lemon Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Mashed Potato Fresh Cut Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Three Bean Salad Mexican Corn 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 Roasted Zucchini Green Leaf Tossed Garden Salad 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 Fresh Made Tuscan Bean Salad Steamed Lemon Broccoli 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 Mashed Potato Fresh Cut Carrots with Dill 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 Fresh Made Three Bean Salad Mexican Corn 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

May 13 Through May 17, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Slow Roasted BBQ Pulled Pork on a Whole Grain Kaiser Roll! Oven Baked Spicy Spiral Fries Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Tiki Masala Over Brown Rice! Fresh Made Chick Pea Salad Fresh Cut Carrot Sticks with Hummus Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chef Williams's American Chop Suey! Penne Pasta, Ground Meat and Cheese in a Delectable Casserole Green Leaf Tossed Garden Salad Steamed Japanese Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Stuffed Baked Potato! With Taco Meat, Broccoli, Cheddar Cheese & Sour Cream Fresh Grape Tomato & Basil Wheat Dinner Rolls (2) 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 Fresh Made Marinated Broccoli Salad 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 Cheese Pizza! Oven Baked Spicy Spiral Fries Fresh Cut Cucumber 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! Japanese Vegetables Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on 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 Whole Grain Bun! Fresh Baked Potato Wedges Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Marinated Broccoli Salad 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 Oven Baked Spicy Spiral Fries Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Japanese Vegetables Fresh Made Three Bean Salad Steamed Lemon Broccoli 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 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 & Tomato Fresh Baked Potato Wedges Fresh Grape Tomato & Basil 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 Marinated Broccoli Salad 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 Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

May 22 through May 25, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Southwestern Vegetarian Wrap! A Delicious Blend of Beans, Corn, Rice, Salsa, Cheese, and Herbs Wrapped in a Whole Grain Tortilla Steamed Spinach with Carrots Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Brunch for Lunch! Whole Grain Pancakes with Syrup! Choice of Strawberry or Blueberry Toppings Sausage Patties Sweet Potato Fries Fiesta Red Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Breaded Mozzarella Sticks! Marinara Dipping Sauce Whole Grain Dinner Roll Green Leaf Tossed Garden Salad California Mixed Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Teriyaki Steak Bomb! Teriyaki Shaved Steak, Pepper Strips, Mushrooms, Onions, and Cheddar Cheese Nestled in a Whole Grain Sub Roll! Roasted Peppers Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Meatball on Whole Grain Crust Fresh Made Tomato & Cucumber Salad Southwest 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 Cheese Pizza! Steamed Spinach with Carrots Fresh made Confetti Corn Salad 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 Fries Fiesta Red Bean Salad 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 California Mixed Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Baked Sweet Potato Wedges Fresh Made Potato Salad 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 Southwest 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 & Tomato Steamed Spinach with Carrots Fresh made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce & Tomato Sweet Potato Fries Fiesta Red Bean Salad Steamed Lemon Broccoli 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 California Mixed Vegetables 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 Baked Sweet Potato Wedges Fresh Made Potato 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! Fresh Made Tomato & Cucumber Salad Southwest 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 Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

May 27 through May 31, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Memorial Day!</p>	<p>New Entrée! Cheesy Pizza Sticks! Whole Grain Bread Sticks filled with Mozzarella Cheese and smothered in Pizza Sauce Steamed Broccoli Florets Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Pasta with Meatballs with Choice of Marinara or Alfredo Sauce! Red Leaf Tossed Garden Salad Italian Green beans with Diced Red Pepper Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Beef Tamale Pie with Cornbread Topping! Steamed Yellow Rice Refried Beans Mexicali Corn Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato & Basil on Whole Grain Crust Roasted Italian Vegetables Green Leaf Tossed 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! Steamed Broccoli Florets Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Red Leaf Tossed Garden Salad Italian Green Beans with Diced Red Pepper Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Refried Beans Mexicali Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Roasted Italian Vegetables Green Leaf Tossed 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 a Whole Grain Tortilla! Steamed Broccoli Florets Sweet 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! Lettuce and Tomato Red Leaf Tossed Garden Salad Italian Green Beans with Diced Red Pepper 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 Mexicali 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! Roasted Italian Vegetables Green Leaf Tossed 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 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>