# **SEPTEMBER 2024**

DID YOU KNOW? A balanced, healthy breakfast is available to ALL students AT NO CHARGE every school morning. Get your day off to a great start with SCHOOL BREAKFAST!

Connecticut Technical Education & Career System



## Monday

# Labor Day 2 No School!

Hamburger/Cheeseburge? On Bun Coleslaw Oven Fries Fruit Choices Milk Choice

Breaded Chicken Strips 6 Warm Dinner Roll **Buffalo Cauliflower** Kale and Apple Salad Fruit Choices Milk Choice

Breaded Chicken File 23 On Bun **Smiley Fries** Cucumber/Tomato Salad Fruit Choices Milk Choice

Jamaican Beef Patty 30 **Potato Wedges** Marinated Broccoli Salad **Fruit Choices** Milk Choice

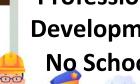
#### Tuesday

Buffalo Popcorn Smackers Carrot and Celery Sticks Rice Pilaf Confetti Corn Salad Fruit Choices Milk Choice

Orange Popcorn Smackers Steamed Rice Sesame Soy Green Beans **Honey Ginger Carrots** Fruit Choices Milk Choice

Chicken Broccoli Alfredo Fresh Baby Carrots Marinated Green Beans **Fruit Choices** Milk Choice

**Brunch For Lunch** French Toast Sticks **Home Fried Potatoes Turkey Sausage Links** Fresh Baby Carrots Fruit Choices Milk Choice



# Wednesday

**Beef Tacos Cuban Black Beans** Pico de Gallo **Fruit Choices** Milk Choice

**Brunch For Lunch** Sausage, Egg, and Cheese on English Muffin **Home Fried Potatoes** Fresh Baby Carrots Fruit Choices Milk Choice

Breaded Drumstick 18 **Mashed Potatoes** Kernel Corn **Honey Biscuit** Fruit Choices Milk Choice

Professiona 25 **Development** No School!

#### **Thursday**

Triple Decker Toasted Cheese Sandwich **Tomato Soup** Oven Fries Fruit Choices Milk Choice

Baked Mac & Cheese 7 Garlic Bread Stick **Sweet Green Peas** Steamed Broccoli Florets Fruit Choices Milk Choice

Pasta w/ Meatballs 19 Steamed Broccoli **Tuscan White Beans Fruit Choices** Milk Choice

**Beef Nachos** Mexican Street Corn Spanish Rice **Cuban Black Beans** Fruit Choices Milk Choice

Due to unprecedented supply and delivery issues this menu is subject to change

### Friday

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

> Hot Dog on Roll **Sweet Potato Fries BBQ Baked Beans Fruit Choices** Milk Choice

Buffalo Chicken Pizza 20 Mixed Garden Salad Roasted Broccoli **Fruit Choices** Milk Choice

Breaded Mozzarella Stic w/ Marinara Sauce Warm Dinner Roll Lemon-Roasted Carrots Sauteed Zucchini & Tomatoes Fruit Choices Milk Choice