# OCTOBER 2024

Connecticut Technical Education & Career System

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!

### Monday

#### Tuesday Wed

## Wednesday

#### **Thursday**

#### Friday

Breaded Chicken Strips

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

Stuffed Shells in
Marinara Sauce
Fresh Baby Carrots
Steamed Breen Beans
Garlic Knot Roll
Fruit Choices Milk Choice

Chicken, Corn, & Mashed Potato Bowl
Honey Biscuit
Honey Glazed Carrots
Fruit Choices Milk Choice

Cheese Quesadilla Pizza Mixed Garden Salad Buffalo Cauliflower Fruit Choices Milk Choice

Breaded Chicken Strips
Tater Tots
Warm Dinner Roll
Steamed Broccoli Florets
Fruit Choices Milk Choice

Meatball Grinder
Steamed Green Beans
Seasoned Potato Wedges
Fruit Choices
Milk Choices

App Sampler!
Mac & Cheese Bites
Cheese Stuffed Breadstick
Buffalo Cauliflower
Sweet Green Peas
Fruit Choices Milk Choice

Beef & Cheese Nachos

Mexican Street Corn

Spanish Rice

Fiesta Red Beans

Fruit Choices Milk Choice

Breaded Mozzarella Sti<mark>cks</mark>
w/ Marinara Sauce
Warm Dinner Roll
Lemon Roasted Carrots
Fruit Choices Milk Choice

# Columbus Day No School!

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

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

Beef & Bean Chili
Warm Dinner Roll
Honey Glazed Carrots
Fruit Choices
Milk Choice

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

On Bun
Seasoned Potato Wedges
Honey Glazed Carrots
Fruit Choices Milk Choice

Pasta w/ Meat Sauce 22
Garlic Knot Roll
Sauteed Zucchini & Tomatoes
Pizza Green Beans
Fruit Choices Milk Choice

Professiona Profes

Chicken Fajitas 24
Southwest Bean Salad
Fresh Baby Carrots
Fruit Choices
Milk Choice

Nardone's Cheese Pizza
w/ Assorted Toppings
Mixed Garden Salad
Marinated Broccoli
Fruit Choices Milk Choice

Hamburger/Cheeseburger
On Bun
Sweet Potato Fries
Cucumber/Tomato Salad
Fruit Choices Milk Choice

Beef Tacos Cuban Black Beans Pico de Gallo Fruit Choices Milk Choice Stuffed Shells in
Marinara Sauce
Fresh Baby Carrots
Steamed Breen Beans
Garlic Knot Roll
Fruit Choices Milk Choice

Chicken, Corn, & 31

Mashed Potato Bowl

Honey Biscuit

Fresh Baby Carrots

Fruit Choices Milk Choice

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

Trait divices with choice