



DECEMBER 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

Breaded Chicken Strips **2**
Tater Tots
Warm Dinner Roll
Steamed Broccoli Florets
Fruit Choices Milk Choice

Hamburger/Cheeseburger **7**
On Bun
Sweet Potato Fries
Cucumber/Tomato Salad
Fruit Choices Milk Choice

Breaded Chicken Filet **16**
On Bun
Seasoned Potato Wedges
Honey Glazed Carrots
Fruit Choices Milk Choice

Tuesday

Meatball Grinder **3**
Steamed Green Beans
Seasoned Potato Wedges
Fruit Choices
Milk Choices

Breaded Drumstick **10**
Mashed Potatoes
Kernel Corn
Honey Biscuit
Fruit Choices Milk Choice

Pasta w/ Meat Sauce **17**
Garlic Knot Roll
Sauteed Zucchini & Tomatoes
Pizza Green Beans
Fruit Choices Milk Choice

Wednesday

App Sampler! **4**
Mac & Cheese Bites
Cheese Stuffed Breadstick
Buffalo Cauliflower
Sweet Green Peas
Fruit Choices Milk Choice

Brunch for Lunch **11**
Sausage, Egg, and Cheese
on English Muffin
Home Fried Potatoes
Fresh Baby Carrots
Fruit Choices Milk Choice

Chicken, Corn, & **18**
Mashed Potato Bowl
Honey Biscuit
Fresh Baby Carrots
Fruit Choices Milk Choice

Thursday

Beef & Cheese Nachos **5**
Steamed Green Beans
Spanish Rice
Fiesta Red Beans
Fruit Choices Milk Choice

Chefs Choice **12**
Warm Dinner Roll
Honey Glazed Carrots
Fruit Choices
Milk Choice

Chicken Fajitas **19**
Southwest Bean Salad
Mexican Street Corn
Fruit Choices
Milk Choice

Friday

Breaded Mozzarella Sticks **6**
w/ Marinara Sauce
Warm Dinner Roll
Lemon Roasted Carrots
Fruit Choices Milk Choice

Cheese Pizza w/ **13**
Assorted Toppings
Mixed Garden Salad
Steamed Broccoli Florets
Fruit Choices Milk Choice

Nardone's Cheese Pizza **20**
w/ Assorted Toppings
Mixed Garden Salad
Marinated Broccoli
Fruit Choices Milk Choice

23

24

Holiday Break **25**
Dec 23 – Jan 1
No School!

26

27

30

31

Daily Entrée Options May Include Assorted Sandwiches and Chef Salads
Fruit Options Include Fresh, Canned in Light Syrup or Juice, Dried, and 100% Fruit Juice
Milk Choices Include: 1% White, Fat Free Chocolate, and Lactaid

This institution is an equal opportunity provider.

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