



MARCH 2025

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

Lunch Menu

Connecticut Technical Education & Career System

Monday

Tuesday

Wednesday

Thursday

Friday

3
Breaded Chicken Strips
Tater Tots
Warm Dinner Roll
Kale and Apple Salad
Fruit Choices Milk Choice

4
Beef & Cheese Nachos
Steamed Green Beans
Spanish Rice
Fiesta Red Beans
Fruit Choices Milk Choice

5
App Sampler!
Mac & Cheese Bites
Cheese Stuffed Breadstick
Buffalo Cauliflower
Sweet Green Peas
Fruit Choices Milk Choice

6
General Tso's Rice Bowl
Popcorn Smackers, Rice,
Steamed Broccoli Florets
Honey Glazed Carrots
Fruit Choices Milk Choice

7
Breaded Mozzarella Sticks
w/ Marinara Sauce
Warm Dinner Roll
Lemon Roasted Carrots
Fruit Choices Milk Choice

10
Cheese Pizza w/
Assorted Toppings
Mixed Garden Salad
Sauteed Summer Squash
Fruit Choices Milk Choice

11
Beef Tacos
Cuban Black Beans
Pico de Gallo
Fruit Choices
Milk Choice

12
Brunch for Lunch
French Toast Sticks
Turkey Sausage Links
Home Fried Potatoes
Fresh Baby Carrots
Fruit Choices Milk Choice

13
Chicken Fajitas
Southwest Bean Salad
Mexican Street Corn
Fruit Choices
Milk Choice

14
Breaded Chicken Filet
On Bun
Seasoned Potato Wedges
Honey Glazed Carrots
Fruit Choices Milk Choice

17
Cheese Quesadilla Pizza
Mixed Garden Salad
Buffalo Cauliflower
Fruit Choices
Milk Choice

18
Toasted Cheese Sandwich
Tomato Soup
Oven Fries
Fruit Choices
Milk Choice

19
Buffalo Popcorn Smackers
Carrot and Celery Sticks
Rice Pilaf
Confetti Corn Salad
Fruit Choices Milk Choice

20
American Chop Suey
Steamed Green Beans
Cucumbers w/ Dill
Garlic Knot Roll
Fruit Choices Milk Choice

21
Hamburger/Cheeseburger
On Bun
Sweet Potato Fries
Cucumber/Tomato Salad
Fruit Choices Milk Choice

24
Nardone's Cheese Pizza
w/ Assorted Toppings
Mixed Garden Salad
Marinated Broccoli
Fruit Choices Milk Choice

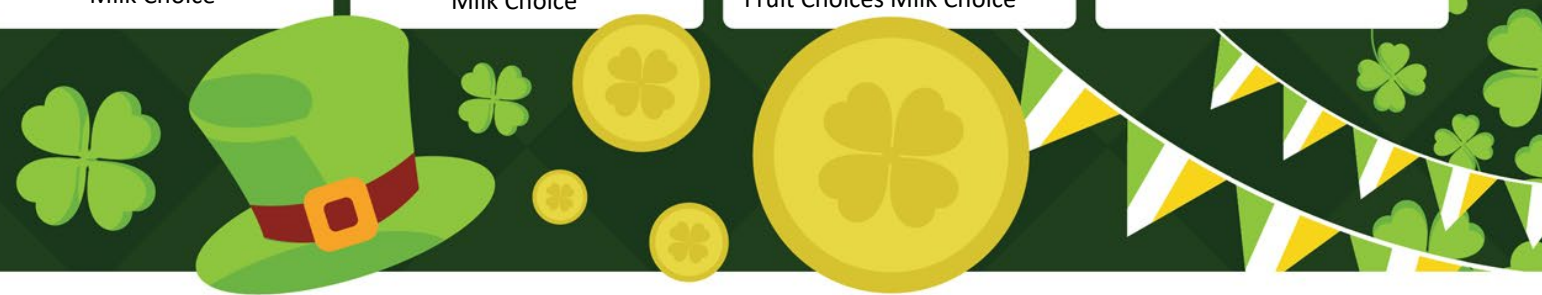
25
Chicken & Waffles
BBQ Baked Beans
Honey Glazed Carrots
Fruit Choices
Milk Choice

26
Cheese Stuffed Bread
Marinara Cup
Seasoned Green Beans
Fruit Choices
Milk Choice

27
Baseball Opening Day!
Hot Dog
Popcorn
Coleslaw, Smiley Fries
Fruit Choices Milk Choice

28
Skills USA
No School!

31
Breaded Chicken Strips
Tater Tots
Warm Dinner Roll
Kale and Apple Salad
Fruit Choices Milk Choice



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%, 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