

CTECS LUNCH MENU

April 1 through April 5, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals \$3.35	Chicken Parmesan Sandwich! Grilled Boneless Breast of Chicken smothered in Marinara and melted Mozzarella Cheese and Nestled on a Bakery Fresh Whole Grain Kaiser Roll! Tomato & Cucumber Salad Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain Pancakes with Choice of Blueberry or Strawberry Toppings! Syrup, Sausage Patties Home Fried Potatoes Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain Pasta with Meat Sauce! Roasted Zucchini & Peppers Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken Snack Wrap! Sliced Chicken Breast with Choice of Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing Wrapped in a Whole Grain Tortilla Oven Baked Fries Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato, Olive & Red Onion on Whole Grain Crust Cowboy Bean Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Daily Meal Deal Choice 2! \$3.35	French Bread Cheese Pizza! Tomato & Cucumber Salad Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	All Beef Chili Dog on Whole Grain Grinder Roll! Home Fried Potatoes Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Spicy Chicken on Whole Grain Bun! Roasted Zucchini & Peppers Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Cheeseburger on Whole Grain Bun! Oven Baked Fries Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Crispy Chicken Patty on a Whole Grain Bun! Cowboy Bean Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The Delectable Deli! \$3.35	Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Tomato & Cucumber Salad Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Home Fried Potatoes Fiesta Red Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll! Lettuce and Tomato Roasted Zucchini & Peppers Tossed Green Leaf Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce & Tomato Oven Baked Fries Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Peanut Butter OR Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Cowboy Bean Salad Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Salads and Such! \$3.35	Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	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	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	Tuna Salad Chef Salad! Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk

CTECS LUNCH MENU

April 8 through April 12, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Meatball Grinder! Beef Meatballs simmered in Marinara Sauce, nestled in a Whole Grain Grinder Roll, topped with Mozzarella Cheese and Baked to Perfection. California Mixed Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Macaroni & Cheese! Whole Grain Dinner Roll Steamed Lemon Broccoli Fresh Made Rockin' Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Half Day Menu! Whole Grain Breaded Chicken Nuggets Oven Baked Fries 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 Fries Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Crispy Chicken Pizza on Whole Grain Crust Honey Glazed Carrots Fresh Cut Cucumber with Dill 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! California Mixed Vegetables 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! Steamed Lemon Broccoli Fresh Made Rockin' Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">No Alternate Meal Served Today!</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Sweet Potato Fries Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Honey Glazed Carrots Fresh Cut Cucumber with Dill 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 California Mixed Vegetables 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 Steamed Lemon Broccoli Fresh Made Rockin' Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">No Deli Served today!</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Sweet Potato Fries Fresh Made Confetti Corn 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! Cheese Stick Honey Glazed Carrots Fresh Cut Cucumber with Dill 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 style="text-align: center;">No Chef Salad Served Today!</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

April 22 to April 26, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MEAL DEALS!</i> <i>Complete Meals</i></p> <p style="text-align: right;">\$3.35</p>	<p>Choice of Grilled Cheese or Grilled Cheese and Bacon on Whole Grain Bread! Spicy Chicken & Vegetable Soup Baked Spiral Fries Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oriental Spicy Orange Popcorn Chicken with Pineapple! Fried Rice Japanese Vegetables Fresh Made Three 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 Steamed California Vegetables Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chicken Fajitas! Sliced Fajita Chicken Strips, Grilled Onions & Peppers, Salsa & Cheese Nestled in a Soft Tortilla Wrap Refried Beans Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Sausage & Pepper Pizza on Whole Grain Crust Chili Roasted Sweet Potatoes Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>Daily Meal Deal Choice 2!</i></p> <p style="text-align: right;">\$3.35</p>	<p>French Bread Cheese Pizza! Home Baked Spiral Fries 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! 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! Refried Beans Mexican Corn Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Chili Roasted Sweet Potatoes Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>The Delectable Deli!</i></p> <p style="text-align: right;">\$3.35</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Baked Spiral Fries Steamed Broccoli 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 Refried Beans Mexican Corn Carrot Rounds 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! Chili Roasted Sweet Potatoes Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><i>Salads and Such!</i></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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: center;">\$3.35</p>					
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: center;">\$3.35</p>	<p>French Bread Cheese Pizza! Fresh Cut Celery Sticks Baked Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Rice and Beans Roasted Zucchini Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! BBQ Baked Beans Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	
<p>The Delectable Deli!</p> <p style="text-align: center;">\$3.35</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Fresh Cut Celery Sticks Baked Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Rice and Beans Roasted Zucchini 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 BBQ Baked Beans Baked Spiral Fries 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 Green Leaf Tossed Garden Salad Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	
<p>Salads and Such!</p> <p style="text-align: center;">\$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>	