

# CTECS LUNCH MENU

December 3 through December 7, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Whole Grain Breaded Chicken Nuggets!</b> Whole Grain Dinner Roll Mashed Potato &amp; Gravy Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Taco Nacho!</b> Corn Nacho Chips with Choice of Taco Meat, Cheddar Cheese, Lettuce, Tomato, Salsa, &amp; Sour Cream Cilantro Lime Brown Rice Mexicali Corn Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Whole Grain Pasta with Meatballs!</b> Green Leaf Tossed Garden Salad Marinated Italian Green Beans Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Popcorn Chicken Bites!</b> Whole Grain Breaded Popcorn Chicken Smothered with Hot Sauce and served with Celery sticks and Blue Cheese Dressing! Whole Grain Dinner Roll Home Fried Potatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or Turkey Bacon</b> Pizza on Whole Grain Crust Fresh Cut Cucumbers with Dill Whole Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Mashed Potato &amp; Gravy Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Pizza!</b> Mexicali Corn Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Spicy Chicken Patty on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Marinated Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on a Whole Grain Bun!</b> Home Fried Potatoes Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Fresh Cut Cucumbers with Dill Whole Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Mashed Potato &amp; Gravy Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on Whole Grain Tortilla!</b> Lettuce and Tomato Mexicali Corn Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll!</b> Lettuce and Tomato Green Leaf Tossed Garden Salad Marinated Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato Home Fried Potatoes Fresh Cut Celery Sticks Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Fresh Cut Cucumbers with Dill Whole Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

# CTECS LUNCH MENU

December 10 through December 14, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Brunch For Lunch!</b> French Toast Sticks! With Syrup Turkey Sausage Patties Home Fried Potatoes Romaine Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Hamburger Parmesan Sandwich on a Whole Grain Kaiser Roll!</b> Oven Baked Potato Wedges Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Breaded Mozzarella Sticks!</b> Marinara Dipping Sauce Whole Grain Dinner Roll Sautéed Garlic Green Beans Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Baked Potato Bar!</b> With Broccoli, Chili, Cheddar Cheese, and Sour Cream Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella,</b> <b>Pepperoni or Buffalo</b> <b>Chicken Pizza</b> on Whole Grain Crust Green Leaf Tossed Garden Salad Lemon Roasted Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Home Home Fried Potatoes Romaine Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Pizza!</b> Oven Baked Potato Wedges Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Spicy Chicken Patty on a Whole Grain Bun!</b> Sautéed Garlic Green Beans Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on a Whole Grain Bun!</b> Steamed Broccoli Baked Potato Half Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Lemon Roasted Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Home Fried Potatoes Romaine Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on Whole Grain Tortilla!</b> Lettuce and Tomato Oven Baked Potato Wedges Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll!</b> Sautéed Garlic Green Beans Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> Lettuce and Tomato Steamed Broccoli Baked Potato Half Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Green Leaf Tossed Garden Salad Lemon Roasted Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad!</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey &amp; Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

# CTECS LUNCH MENU

December 17 through December 21, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL DEALS!</b> <b>Complete Meals</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Sloppy Joe on Roll!</b> Crispy Onion Rings Cucumber &amp; Tomato Salad Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Chicken Fajita!</b> Onions, Peppers, Salsa, and Sour Cream Soft Tortilla Wrap Steamed Brown Rice Cuban Black Beans Lettuce &amp; Tomato Cup Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Pasta with Meat Sauce!</b> Warm Bread Stick Green Leaf Tossed Garden Salad Fresh Cut Red &amp; Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Holiday Dinner!</b> Roasted Turkey with Mashed Potatoes &amp; Gravy Seasoned Stuffing Whole Grain Dinner Roll Sweet Green Peas Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Pizza!</b> Choice of <b>Mozzarella, Pepperoni, or White Broccoli</b> Pizza on Whole Grain Crust Grape Tomato &amp; Basil Salad Pizza Green Beans Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Daily Meal Deal Choice 2!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>All Beef Hot Dog on Whole Grain Bun!</b> Home Crispy Onion Rings Cucumber &amp; Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>French Bread Cheese Pizza!</b> Cuban Black Beans Lettuce &amp; Tomato Cup Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Spicy Chicken on Whole Grain Bun!</b> Green Leaf Tossed Garden Salad Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Fresh Made Cheeseburger on Whole Grain Bun!</b> Mashed Potatoes Sweet Green Peas Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Crispy Chicken Patty on a Whole Grain Bun!</b> Grape Tomato &amp; Basil Salad Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>The Delectable Deli!</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll!</b> Lettuce and Tomato Cucumber &amp; Tomato Salad Crispy Onion Rings Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken on a Whole Grain Tortilla!</b> Lettuce and Tomato Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll!</b> Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll!</b> <b>Lettuce &amp; Tomato</b> Mashed Potatoes Sweet Green Peas Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Peanut Butter OR Sun Butter and Jelly on Whole Grain Kaiser Roll!</b> Cheese Stick Grape Tomato &amp; Basil Salad Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p><b>Salads and Such</b></p> <p style="text-align: right;"><b>\$3.35</b></p>	<p><b>Popcorn Chicken Chef Salad!</b> Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Buffalo Chicken Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Oven Roasted Turkey and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Virginia Baked Ham and Cheese Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><b>Tuna Salad Chef Salad!</b> Whole Grain Dinner Roll (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

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## ***CTECS LUNCH MENU***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><i>MEAL DEALS!</i></b> <b><i>Complete Meals</i></b>  <p style="text-align: right;"><b>\$3.35</b></p>					
<b><i>Daily Meal Deal</i></b> <b><i>Choice 2!</i></b>  <p style="text-align: right;"><b>\$3.35</b></p>					
<b><i>The Delectable Deli!</i></b>  <p style="text-align: right;"><b>\$3.35</b></p>					

<b>Salads and Such!</b>					
<b>\$3.35</b>					

### **CTECS LUNCH MENU**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAL DEALS!</b> <b>Complete Meals</b>					
<b>\$3.35</b>					
<b>Daily Meal Deal</b> <b>Choice 2!</b>					
<b>\$3.35</b>					
<b>The Delectable Deli!</b>					
<b>\$3.35</b>					

***Salads and Such!***

**\$3.35**

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