

CTECS LUNCH MENU

January 2 through January 4, 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 style="text-align: center;">Winter Break No School</p>	<p style="text-align: center;">New Year's Day No School</p>	<p style="text-align: center;">Grilled Cheese & Turkey Bacon On Whole Grain Grilled Flatbread! Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">Meatball Grinder! Beef Meatballs smothered in Marinara Sauce, nestled in a Whole Grain Grinder Roll, topped with Mozzarella Cheese and Toasted to perfection. Steamed California Veggies Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or White Broccoli & Garlic Pizza on Whole Grain Crust Red Leaf Tossed Garden Salad Whole 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 style="text-align: center;">Winter Break No School</p>	<p style="text-align: center;">New Year's Day No School</p>	<p style="text-align: center;">Fresh Made Spicy Chicken on a Whole Grain Bun! Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">Fresh Made Cheeseburger on a Whole Grain Bun! Steamed California Veggies Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">Crispy Chicken Patty on a Whole Grain Bun! Red Leaf Tossed Garden Salad Whole 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 style="text-align: center;">Winter Break No School</p>	<p style="text-align: center;">New Year's Day No School</p>	<p style="text-align: center;">No Deli Served Today!</p>	<p style="text-align: center;">Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Steamed California Veggies Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p style="text-align: center;">Peanut Butter or Sun Butter and Jelly on Whole Grain Kaiser Roll! Cheese Stick Red Leaf Tossed Garden Salad Whole 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 style="text-align: center;">Winter Break No School</p>	<p style="text-align: center;">New Year's Day No School</p>	<p style="text-align: center;">No Chef Salad Served Today!</p>	<p style="text-align: center;">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 style="text-align: center;">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

January 7 through January 11, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Oriental Orange Popcorn Chicken with Pineapple! Served over Fried Rice Steamed Broccoli with Mushrooms Fresh Cut Cucumber with Dill 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 Cut Green and Red Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Pasta with Meat Sauce! Fresh Made Tuscan Bean Salad Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Nuggets! Crinkle Cut Fries Fresh Made Coleslaw Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Buffalo Chicken Pizza on Whole Grain Crust Cucumber & Tomato Salad Marinated Italian Green Beans 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>All Beef Hot Dog on Whole Grain Bun! Home Steamed Broccoli with Mushrooms Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>French Bread Pizza! Sweet Potato Fries Fresh Cut Green and Red Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on a Whole Grain Bun! Fresh Made Tuscan Bean Salad Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Crinkle Cut Fries Fresh Made Coleslaw Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Cucumber & Tomato Salad Marinated Italian Green Beans 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 Steamed Broccoli with Mushrooms Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce and Tomato Sweet Potato Fries Fresh Cut Green and Red Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Fresh Made Tuscan Bean Salad 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 and Tomato Crinkle Cut Fries Fresh Made Coleslaw 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 Fresh Made Cucumber & Tomato Salad Marinated Italian Green Beans 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 & 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 Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

January 14 through January 18, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Swedish Meatballs over Whole Grain Penne Pasta! Fresh Grape Tomatoes with Basil Fresh Made Fiesta Bean Salad Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>New Entrée! Beef Tamale Pie with Cornbread Topping! Steamed Yellow Rice Refried Beans Mexicali Corn Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Breaded Mozzarella Sticks! Marinara Dipping Sauce Whole Grain Dinner Roll Fresh Made Marinated Broccoli Salad Roasted Zucchini & Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Stuffed Baked Potato! With Taco Meat, Broccoli, Cheddar Cheese, & Sour Cream Wheat Dinner Rolls (2) Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Tomato & Basil Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Carrots with Dill 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>All Beef Hot Dog on Whole Grain Bun! Home Fresh Grape Tomatoes with Basil Fresh Made Fiesta Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>French Bread Cheese Pizza! Mexicali Corn Refried Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Fresh Made Marinated Broccoli Salad Roasted Zucchini & Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Baked Potato Wedges Steamed Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Cut Carrots 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! Fresh Grape Tomatoes with Basil Fresh Made Fiesta Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Refried Beans Mexicali Corn 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 Fresh Made Marinated Broccoli Salad Roasted Zucchini & Peppers 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 Potato Wedges Steamed Seasoned Broccoli 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 Green Leaf Tossed Garden Salad Fresh Cut Carrots 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>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

January 22 through January 25, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p style="text-align: center;">Dr. Martin Luther King Jr Day</p>	<p>Chicken Snack Wrap! Sliced Grilled Chicken Breast, Lettuce, Tomato, Shredded Cheddar Cheese, and Honey Mustard Sauce Snuggled in a Whole Grain Tortilla. Baked Sweet Potato Wedges Fresh Made Cowboy Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>American Chop Suey! Penne Pasta, Ground Meat and Cheese, Casserole Green Leaf Tossed Garden Salad Steamed Japanese Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Chili & Nachos! Fresh Made Chili Served with Crispy Nacho Chips, and a Dollop of Sour Cream Whole Grain Dinner Roll! Refried Beans Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Sausage & Roasted Pepper Pizza on Whole Grain Crust Sautéed Yellow Squash Fresh Cut Cucumbers 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 style="text-align: center;">Dr. Martin Luther King Jr Day</p>	<p>French Bread Cheese Pizza! Cuban Black Beans Lettuce & Tomato Cup Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! Green Leaf Tossed Garden Salad Steamed Japanese Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Refried Beans Pizza Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Sautéed Yellow Squash Fresh Cut Cucumbers 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 style="text-align: center;">Dr. Martin Luther King Jr Day</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Cuban Black Beans 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 Green Leaf Tossed Garden Salad Steamed Japanese Vegetables 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 Pizza Green Beans 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 Sautéed Yellow Squash Fresh Cut Cucumbers 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 style="text-align: center;">Dr. Martin Luther King Jr Day</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

January 28 through February 1, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals <p style="text-align: right;">\$3.35</p>	Brunch for Lunch! Whole Grain Pancakes with Syrup! Choice of Strawberry or Blueberry Toppings Sausage Patties Baked Tator Tots Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Sloppy Joe on a Fresh Baked Kaiser Roll! Baked French Fries Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	New Entrée! Chicken Tiki Masala! Fresh Made Chick Pea Salad Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Wok N Roll! Fresh Made Chicken Stir Fry with Oriental Vegetables in a Whole Grain Grinder Roll! Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Meatball Pizza on Whole Grain Crust Fresh Made Potato Salad Broccoli Florets with Fresh Cut Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Daily Meal Deal Choice 2! <p style="text-align: right;">\$3.35</p>	All Beef Hot Dog on Whole Grain Bun! Home Baked Tator Tots Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	French Bread Cheese Pizza! Baked French Fries Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Spicy Chicken on Whole Grain Bun! Fresh Made Chick Pea Salad Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Made Cheeseburger on Whole Grain Bun! Oriental Vegetables Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Crispy Chicken Patty on a Whole Grain Bun! Fresh Made Potato Salad Broccoli Florets with Fresh Cut Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The Delectable Deli! <p style="text-align: right;">\$3.35</p>	Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Baked Tator Tots Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken on a Whole Grain Tortilla! Baked French Fries Cuban Black 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 Fresh Made Chick Pea Salad Fresh Cut Cucumber with Dill 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 Oriental Vegetables Honey Glazed Carrots 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 Fresh Made Potato Salad Broccoli Florets with Fresh Cut Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
Salads and Such! <p style="text-align: right;">\$3.35</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	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