

CTECS LUNCH MENU

February 25 to March 1, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Boneless BBQ Pork Ribs on a Whole Grain Kaiser Roll! Lettuce & Tomato Baked Beans Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Grilled Cheese and Turkey Bacon on Whole Grain Grilled Flat Bread! Tomato Soup Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Whole Grain Penne Pasta with Meatballs & Choice of Marinara or Alfredo Sauce! California Mixed Vegetables Fresh Made Marinated Broccoli Salad Choice of 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 Japanese Vegetables Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Grilled Chicken & Pineapple Pizza on Whole Grain Crust Steamed Carrots with Dill Fresh Made Cowboy Bean 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! Baked Beans Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Tomato Soup Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on Whole Grain Bun! California Mixed Vegetables Fresh Made Marinated Broccoli Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Japanese Vegetables 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! Fresh Made Potato Salad Broccoli Florets with Fresh Cut Carrots 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 Baked Beans Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>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</p>	<p>Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll! Lettuce and Tomato California Mixed Vegetables Fresh Made Marinated Broccoli 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 Japanese Vegetables 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! Cheese Stick Fresh Made Potato Salad Broccoli Florets with Fresh Cut Carrots 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>
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CTECS LUNCH MENU

March 4 through March 8, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Buffalo Popcorn Chicken Bites! Whole Grain Breaded Popcorn Chicken Smothered with Hot Sauce and served with Celery Sticks and Blue Cheese Dressing! Whole Grain Dinner Roll Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Baked Potato Bar! Fresh Baked Potato 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 style="text-align: center;">Professional Development</p> <p style="text-align: center;">No Lunch Served!</p>	<p>New Entrée! Cuban Beef Picadillo With Tortilla Chip Scoops! Ground Beef, Garlic, Onion, Peppers, and Olives with Savory Spicy Cuban Seasonings Served with Whole Grain Tortilla Scoops Cuban Black 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 White Broccoli & Garlic Pizza on Whole Grain Crust Green Leaf Tossed Garden 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>French Bread Pizza! Fresh Cut Celery Sticks Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Half Baked Potato Steamed Broccoli Florets Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>		<p>Fresh Made Cheeseburger on a Whole Grain Bun! Mexican Corn Cuban Black Beans 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 Marinated Italian Green Beans 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 Fresh Cut Celery Sticks Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce and Tomato Half Baked Potato Steamed Broccoli Florets 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 Mexican Corn Cuban Black 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 Green Leaf Tossed Garden Salad Marinated Italian Green Beans 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>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

March 11 through March 16, 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>Brunch for Lunch! French Toast Sticks! With Syrup Turkey Sausage Patties Baked Sweet Potato Fries Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choice of Grilled Cheese or Grilled Cheese and Canadian Bacon on Whole Grain Bread! Oven Baked Spiral Fries Steamed Lemon Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Pastaria! Whole Grain Pasta with Choice of Meatball or Sautéed Chicken Strips with Choice of Marinara, Low Fat Alfredo, or Spicy Pizza Sauce! Green Leaf Tossed Garden Salad Steamed Capri Vegetables Choice of Fresh or Chilled Fruit, Choice of Milk Choice of Milk</p>	<p>New Entrée! Greek Lemon Chicken! Boneless Breast of Chicken Sautéed in a Delectable Lemon Sauce with Garlic and Spices! Whole Grain Dinner Rolls Tuscan White Bean Salad Fresh Cut Steamed Carrot Rounds with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Grilled Chicken & Pineapple Pizza on Whole Grain Crust Fresh Made Three Bean Salad Fresh Steamed Seasoned Sweet Corn Choice of Fresh 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! Home Baked Sweet Potato Fries Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>All Beef Chili Dog on Whole Grain Grinder Roll! Oven Baked Spiral Fries Steamed Lemon Broccoli 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 Capri Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Tuscan White Bean Salad Fresh Cut Steamed 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! Fresh Made Three Bean Salad Fresh Steamed Seasoned Sweet Corn 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! Baked Sweet Potato Fries Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Buffalo Chicken on Whole Grain Tortilla! Lettuce and Tomato Oven Baked Spiral Fries 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 Green Leaf Tossed Garden Salad Steamed Capri 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 Tuscan White Bean Salad Fresh Cut Steamed 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! Fresh Made Three Bean Salad Fresh Steamed Seasoned Sweet Corn 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

March 18 through March 22, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Breaded Mozzarella Sticks! Marinara Dipping Sauce Whole Grain Dinner Roll Fresh Made Cucumber and Tomato Salad Fresh Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Half Day! Whole Grain Breaded Chicken Nuggets! Whole Grain Dinner Roll Oven Baked Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Spring Celebration! Fresh Made Hamburger on a Whole Grain Kaiser Roll! With Choice of Lettuce & Tomato, or Sautéed Onion Rings Corn on the Cob Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Thanksgiving Wrap! Oven Roasted Turkey with Gravy, Stuffing, and Cranberry, Nestled in a Whole Grain Tortilla Wrap! Oven Baked Fries Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Roasted Red and Green Pepper Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Grape Tomato & Basil 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>Fresh Made Spicy Chicken on Whole Grain Bun! Corn on the Cob Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Oven Baked Fries Baked Beans 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 Grape Tomato & Basil 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 Made Cucumber and Tomato Salad Fresh Steamed 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 Corn on the Cob 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! Green Leaf Tossed Garden Salad Fresh Grape Tomato & Basil 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>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>
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CTECS LUNCH MENU

March 25 through March 28, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Buffalo Popcorn Chicken Bites! Whole Grain Breaded Popcorn Chicken Smothered with Hot Sauce and served with Celery sticks and Blue Cheese Dressing! Whole Grain Dinner Roll Baked Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>New Entrée! Chicken Carnitas! Tender Chicken Strips, Slow Roasted with Herbs and Flavorings and served on a Warm Tortilla with Salsa Rice and Beans Roasted Zucchini Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Opening Day Celebration! All Beef Hot Dog on a Whole Grain Grinder Roll, With Choice of Chili, Diced Onions, Shredded Cheddar, Sauerkraut and Assorted Condiments BBQ Baked Beans Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Bacon Pizza on Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Skills Day!</p>
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$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><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 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><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>	