

CTECS LUNCH MENU

January 28 through February 1, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<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</p>	<p>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</p>	<p>New Entrée! Chicken Tikki Masala! Fresh Made Chick Pea Salad Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>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</p>	<p>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</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 Baked Tator Tots Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>French Bread Cheese Pizza! Baked French Fries Cuban Black 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 Chick Pea Salad Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Oriental Vegetables Honey Glazed Carrots 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 Tator Tots Fresh Baby Carrots 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 Fresh Made Chick Pea Salad Fresh Cut Cucumber with Dill 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 Oriental Vegetables Honey Glazed Carrots 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>

CTECS LUNCH MENU

February 4 through February 8, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Brunch for Lunch! French Toast Sticks! With Syrup Turkey Sausage Patties Baked Tator Tots Fresh Cut Red and Green Pepper Strips Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>New Entrée! Chicken Broccoli Alfredo! Diced Chicken Breast & Fresh Broccoli Florets Nestled in a Bed of Whole Grain Penne Pasta with a Delectable Alfredo Sauce! Marinated Italian Green Beans Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Meatball Grinder! Beef Meatballs Smothered in Marinara Sauce, nestled in a Whole Grain Grinder Roll, topped with Mozzarella Cheese and Toasted to Perfection Capri Mixed Vegetables Fresh Cut Cucumber & Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Taco Nachos! Corn Nacho Chips with Choice of Taco Meat, Cheddar Cheese, Lettuce, Tomato, and Salsa Fresh Made Mexican Corn Salad Cuban Black Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Steak & Cheese Pizza on Whole Grain Crust Honey Glazed Carrots Marinated Broccoli 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 Pizza! Baked Tator Tots 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! Marinated Italian Green Beans Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Spicy Chicken on a Whole Grain Bun! Capri Mixed Vegetables Fresh Cut Cucumber & Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Fresh Made Mexican Corn Salad 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! Honey Glazed Carrots Marinated Broccoli Salad 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 Baked Tator Tots 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 Marinated Italian Green Beans Green Leaf Tossed Garden Salad 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 Capri Mixed Vegetables Fresh Cut Cucumber & Dill 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 Fresh Made Mexican Corn Salad 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 Honey Glazed Carrots Marinated Broccoli 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 & 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

February 11 through February 15, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 Tossed Garden Salad Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Lincoln's Birthday!</p>	<p>Chicken Cacciatore! Grilled Boneless Chicken Breast Smothered in a Luscious Tomato Sauce with Sweet Green Peppers Over Whole Grain Penne Pasta Fresh Made Cucumber & Tomato Salad Roasted Zucchini & Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Spicy Beef Burrito! Hot & Spicy Beef with Jalapeno Pepper & Cheddar Cheese Wrapped in Whole Grain Tortilla! Fresh Made Southwest Bean Salad Chili Roasted Sweet Potatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or BBQ Chicken Pizza on Whole Grain Crust Green Leaf Lettuce with Olives & Mushrooms Fresh Baby Carrots 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! Home Tossed Garden Salad Fresh Made Confetti Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>		<p>Fresh Made Spicy Chicken on Whole Grain Bun! Fresh Made Cucumber & Tomato 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! Fresh Made Southwest Bean Salad Chili Roasted Sweet Potatoes Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Lettuce with Olives & Mushrooms Fresh Baby 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! Tossed Garden Salad Fresh Made Confetti Corn Salad 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 Cucumber & Tomato 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 Fresh Made Southwest Bean Salad Chili Roasted Sweet Potatoes 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 Lettuce with Olives & Mushrooms Fresh Baby 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>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

February 20 through February 22, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Presidents Day!</p>	<p>Vacation Day!</p>	<p>Teriyaki Steak Bomb! Teriyaki Shaved Steak, Pepper Strips, Mushrooms, Onions, and Cheddar Cheese Nestled in a Whole Grain Sub Roll! Baked Spiral Fries Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Turkey & Gravy over Mashed Potato! Fresh Roasted Turkey Breast, Fork separated and smothered with a Delectable Turkey Gravy, Nestled on a Bed of Creamy Mashed Potato Whole Grain Biscuit BBQ Baked Beans 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 Cut Red & Green Pepper Strips 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>Fresh Made Spicy Chicken on Whole Grain Bun! Baked Spiral Fries Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Fresh Made Cheeseburger on Whole Grain Bun! Mashed Potato BBQ 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 Cut Red & Green Pepper Strips 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>Oven Roasted Deli Turkey and American Cheese on a Whole Grain Kaiser Roll! Lettuce and Tomato Baked Spiral Fries Fresh Cut Cucumber with Dill 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 Mashed Potato BBQ Baked 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! Green Leaf Tossed Garden Salad Fresh Cut Red & Green Pepper Strips 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>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

February 25 to March 1, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals <p style="text-align: right;">\$3.35</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	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	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	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	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
Daily Meal Deal Choice 2! <p style="text-align: right;">\$3.35</p>	French Bread Cheese Pizza! Baked Beans Fresh Made Sweet Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	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	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	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	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 Beans Fresh Made Sweet Corn Salad 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 California Mixed Vegetables Fresh Made Marinated Broccoli 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 Japanese Vegetables Fresh Made Potato Salad 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