

CTECS LUNCH MENU

Cycle Week 4 March 2 - 6, 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Chicken Parmesan Sandwich Chicken smothered in Marinara and melted Mozzarella Cheese on a Kaiser Roll. Tomato & Cucumber Salad Italian Green Beans Fresh Fruit, Chilled Fruit cup & Fruit Juice Milk Choice</p>	<p>Roasted Turkey Breast Mashed Potatoes & Gravy Seasoned Stuffing Whole Grain Dinner Roll Sweet Green Peas Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Chicken & Cheese or Bean & Cheese Quesadilla Lettuce, Tomato, & Salsa Refried Beans Mexican Corn Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Brunch For Lunch! Egg, Ham, and Cheese on a Whole Grain Ciabatta Roll! Fresh Made Home Fries 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 Turkey Bacon on a Whole Grain Crust Green Leaf Tossed Garden Salad 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>Spicy Chicken Cutlet Whole Grain Bun! Tomato & Cucumber Salad Italian Green Beans Fresh Fruit, Chilled Fruit cup & Fruit Juice Milk Choice</p>	<p>Whole Grain French Bread Pizza! Mashed Potatoes Sweet Green Peas Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Toasted Grilled Cheese with Turkey Bacon Sandwich Mexican Corn Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Fresh Made Home Fries 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! Green Leaf Tossed Garden Salad Marinated Broccoli 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>Chicken Snack Wrap Sliced Chicken Breast with Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing. Wrapped in a Whole Grain Tortilla Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p>Buffalo Chicken on a Whole Grain Tortilla Wrap! Lettuce and Tomato Mashed Potatoes Sweet Green Peas Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Mexican Corn Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Fresh Made Home Fries Honey Glazed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Sandwich on a Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad 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><i>Menus subject to change</i></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>Fresh Vegetable Garden Salad with Hard Boiled Egg. Whole Grain Dinner Roll (1) Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><i>Chicken Caesar Salad</i> Whole Grain Dinner Rolls (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

Cycle Week 5 March 9 – 13, 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Mexican Beef Tacos With Cheddar Cheese, Lettuce, Tomato, Salsa, & Sour Cream Steamed Brown Rice Whole Kernel Corn Cowboy Bean Salad Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Oriental Spicy Orange Chicken with Pineapple Fried Rice Oriental Stir Fried Vegetables Fresh Cut Cucumber with Dill Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Rotisserie Roasted Chicken Whole Grain Dinner Roll Tuscan Bean Salad Fresh Steamed Carrots Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice</p>	<p>Whole Grain Mac and Cheese Or Buffalo Chicken Mac and Cheese Whole Grain Dinner Roll Steamed Lemon Broccoli Rockin Bean Salad Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice</p>	<p>Fresh Made Pizza! Choice of Mozzarella, Pepperoni, or Buffalo Chicken Pizza on a Whole Grain Crust Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks 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>Spicy Chicken Cutlet on a Whole Grain Bun! Whole Kernel Corn Cowboy Bean Salad Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Whole Grain French Bread Pizza! Oriental Stir Fried Vegetables Fresh Cut Cucumber with Dill Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Toasted Grilled Cheese with Turkey Bacon Sandwich Tuscan Bean Salad Fresh Steamed Carrots Fresh Fruit, Chilled Fruit & Fruit Juice <i>Milk Choice</i></p>	<p>Fresh Made Cheeseburger on a Whole Grain Bun! Steamed Lemon Broccoli Rockin Bean Salad Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice</p>	<p>Crispy Chicken Patty on a Whole Grain Bun! Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks 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>Chicken Snack Wrap Sliced Chicken Breast with Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing. Wrapped in a Whole Grain Tortilla Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p>Buffalo Chicken on a Whole Grain Tortilla! Lettuce and Tomato Oriental Stir Fried Vegetables Fresh Cut Cucumber with Dill Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Kaiser Roll with Lettuce and Tomato Tuscan Bean Salad Fresh Steamed Carrots Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice</p>	<p>Virginia Baked Ham and American Cheese on a Whole Grain Grinder Roll! Lettuce and Tomato Steamed Lemon Broccoli Rockin Bean Salad Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice</p>	<p>Tuna Salad Sandwich on Whole Grain Ciabatta Roll! Lettuce and Tomato Green Leaf Tossed Garden Salad Fresh Cut Celery Sticks 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><i>Menus subject to change</i></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>Fresh Vegetable Garden Salad with Hard Boiled Egg. Whole Grain Dinner Roll (1) Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p><i>Chicken Caesar Salad</i> Whole Grain Dinner Rolls (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

Week 6 Cycle March 16 – 20, 2020	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 & Salsa Mexicali Corn Southwest Bean Salad Whole Grain Dinner Roll Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Early Dismissal! Whole Grain Breaded Chicken Nuggets! Whole Grain Dinner Roll Oven Baked Fries Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Breaded Mozzarella Sticks with Marinara Sauce Steamed Lemon Broccoli Cucumber with Dill Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Chicken Broccoli Alfredo Cucumber Tomato Salad Garlic Broccoli with Mushrooms. Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Freshly Made Pizza on Whole Grain Crust with Choice of Mozzarella, Pepperoni or Grilled Chicken Green Leaf Tossed Garden Salad Oven Roasted Zucchini 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>Spicy Chicken Cutlet on a Whole Grain Bun! Whole Kernel Corn Cowboy Bean Salad Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>	<p style="text-align: center;">No Alternate Served Today!</p>	<p>Freshly Made Spicy Chicken on Whole Grain Bun! Steamed Lemon Broccoli Cucumber with Dill Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Freshly Made Cheeseburger on Whole Grain Bun Cucumber Tomato Salad Garlic Broccoli with Mushrooms. Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Crispy Chicken Patty on Whole Grain Bun Green Leaf Tossed Garden Salad Oven Roasted Zucchini 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>Chicken Snack Wrap Sliced Chicken Breast with Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing. Wrapped in a Whole Grain Tortilla Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p style="text-align: center;">No Deli Served Today</p>	<p>Oven Roasted Deli Turkey With American Cheese On A Kaiser Roll with Lettuce and Tomato Steamed Lemon Broccoli Cucumber with Dill Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Virginia Baked Ham and American Cheese on A Whole Grain Grinder Roll with Lettuce and Tomato Cucumber Tomato Salad Garlic Broccoli with Mushrooms. Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>	<p>Tuna Salad Sandwich on Whole Grain Ciabatta Roll with Lettuce and Tomato Green Leaf Tossed Oven Roasted Zucchini Served with 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><i>Menus subject to change</i></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 with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Oven Roasted Turkey and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Virginia Baked Ham and Cheese Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Tuna Salad Chef Salad with Whole Grain Dinner Roll (2) Choice of Dressing Served with Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>

CTECS LUNCH MENU

2020 Cycle Week 1 March 23 – 27, 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL DEALS! Complete Meals <p style="text-align: right;">\$3.35</p>	Brunch for Lunch French Toast Sticks Turkey Sausage Links Sweet Potato Wedges Fresh Baby Carrots Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Freshly Made Turkey Bacon Cheeseburger on a Whole Grain Bun Baked Crinkle Cut Fries Steamed Broccoli and Garlic Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Chicken Fajita over Cilantro Lime Rice With Peppers, Onions and Salsa Fiesta Red Beans Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Hot Meatball Grinder! Mixed Green Tossed Salad Tuscan White Bean Salad Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice	Skills USA No School
Daily Meal Deal Choice 2! <p style="text-align: right;">\$3.35</p>	Spicy Chicken Cutlet on Whole Grain Bun! Seasoned Potato Wedges. Grape Tomato Cup Chilled Fruit Cup, Fruit Juice Milk Choice	Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Baked Crinkle Cut Fries Steamed Broccoli and Garlic Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Toasted Grilled Cheese with Turkey Bacon Sandwich Fiesta Red Beans Fresh Baby Carrots Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Fresh Made Cheeseburger on a Whole Grain Bun Mixed Green Salad Tuscan White Bean Salad Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice	
The Delectable Deli Sandwiches! <p style="text-align: right;">\$3.35</p>	Chicken Snack Wrap Sliced Chicken Breast with Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing. Wrapped in a Whole Grain Tortilla Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice	Buffalo Chicken in a Whole Grain Tortilla! Lettuce and Tomato Baked Crinkle Cut Fries Steamed Broccoli and Garlic Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Oven Roasted Deli Turkey with American Cheese On A Whole Grain Kaiser Roll! Lettuce and Tomato Fiesta Red Beans Fresh Baby Carrots Fresh Fruit, Chilled Fruit & Fruit Juice Milk Choice	Virginia Baked Ham and American Cheese on Whole Grain Grinder Roll Lettuce and Tomato Mixed Green Tossed Salad Tuscan White Bean Salad Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice	
Salads and Such! <p style="text-align: right;">\$3.35</p> <i>Menus subject to change</i>	Popcorn Chicken Chef Salad! Whole Grain Dinner Roll (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Fresh Vegetable Garden Salad with Hard Boiled Egg. Whole Grain Dinner Roll (1) Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk	Oven Roasted Turkey & Cheese Chef Salad! Whole Grain Dinner Rolls (2) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	<i>Chicken Caesar Salad</i> Whole Grain Dinner Rolls (1) Choice of Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	

CTECS LUNCH MENU

Cycle Week 2 March 30 – 31, 2020	MONDAY	TUESDAY			
<p>MEAL DEALS! Complete Meals</p> <p style="text-align: right;">\$3.35</p>	<p>Spicy or Crispy Chicken Tenders Seasoned Potato Wedges. Grape Tomato Cup Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p>Popcorn Chicken Bowl Popcorn Chicken over Whipped Potatoes with Gravy and Kernel Corn Warm Dinner Roll Fresh Fruit, Chilled Fruit Cup & Fruit Juice Milk Choice</p>			
<p>Daily Meal Deal Choice 2!</p> <p style="text-align: right;">\$3.35</p>	<p>Spicy Chicken Cutlet on Whole Grain Bun! Seasoned Potato Wedges. Grape Tomato Cup Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p>Whole Grain French Bread Pizza! Choice of Cheese or Pepperoni Whipped Potatoes Kernel 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>Chicken Snack Wrap Sliced Chicken Breast with Lettuce, Tomato, Cheddar Cheese and Honey Mustard Dressing. Wrapped in a Whole Grain Tortilla Fresh Fruit, Chilled Fruit Cup, Fruit Juice Milk Choice</p>	<p>Buffalo Chicken in a Whole Grain Tortilla! Lettuce and Tomato Whipped Potatoes Kernel 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><i>Menus subject to change</i></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>Fresh Vegetable Garden Salad with Hard Boiled Egg. Whole Grain Dinner Roll (1) Fresh Fruit, Chilled Fruit Cup, & Fruit Juice Choice of Milk</p>			