

OCTOBER 2022

CT Technical Education & Career System

Monday Tuesday Wednesday **Thursday** Friday Breaded Mozzarella Sticks Jamaican Beef Patty Bean & Cheese Burrito / Orange Popcorn Chicken Chicken & Ham Melt Rice & Beans with Salsa Rice Pilaf On Croissant with Marinara Sauce Seasoned Mixed Veggies Garlic Broccoli Honey Ginger Carrots **Tuscan White Beans** Mixed Garden Salad Steamed Cauliflower Fresh Coleslaw **Fruit Choices** Cucumber w/ Dill Oven Fries Fruit Choices Milk Choice Fruit Choices Milk Choice Milk Choice Fruit Choices Milk Choice Fruit Choices Milk Choice Popcorn Chicken & Rice Pilaf **Beef Tacos** Pasta with Meat Sauce Cheese Pizza w/ Assorted/ Columbus Day Steamed Green Beans Mexicali Corn Garlic Knot Roll **Toppings** No School! Lemon-Roasted Carrots Sautéed Zucchini & Mixed Garden Salad Mojo Red Beans Cucumber & Tomato Salad Warm Dinner Roll **Fruit Choices Tomatoes** Fruit Choices Milk Choice Fruit Choices Milk Choice Fruit Choices Milk Choice Milk Choice Beef & Bean Chili Brunch for Lunch Sweet 'n Sour Diced Chicken **ე**ი Buffalo Chicken Pizza Crispy Chicken Tenders French Toast Sticks Cheesy Breadstick over Steamed Rice Mixed Garden Salad Warm Dinner Roll Home Fried Potatoes Seasoned Green Beans Roasted Butternut Squash Chickpea Salad **Sweet Potato Crinkle Cuts Turkey Sausage Links Fruit Choices** Stir Fry Vegetable Blend Fruit Choices Steamed Broccoli **Cucumber Sticks** Fruit Choices Milk Choice Milk Choice Milk Choice Fruit Choices Milk Choice Fruit Choices Milk Choice Lasagna Rollups in 25 Breaded Mozzarella Sticks Crispy or Spicy Chicken Corn Dog Nuggets **Professiona** with Marinara Sauce Marinara Sauce Cowboy Bean Salad Patty on Bun **Development** Pizza Green Beans Mixed Vegetables Mixed Garden Salad **Potato Wedges** rape Tomato & Basil Salad **Baby Carrots** Warm Dinner Roll **Fruit Choices** No School! Fruit Choices Milk Choice Fruit Choices Milk Choice Milk Choices Fruit Choices Milk Choice Hamburger/Cheeseburger On Bun Potato Salad **Baby Carrots** Fruit Choices Milk Choice