



FEBRUARY 2023

CT Technical Education & Career System

DID YOU KNOW? A balanced, healthy breakfast is available to ALL students AT NO CHARGE every school morning. Get your day off to a great start with SCHOOL BREAKFAST!

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Carnitas
Mexicali Corn
Cuban Black Beans
Fruit Choices
Milk Choice

1

Brunch For Lunch
Egg, Turkey Sausage, & Cheese
on Pancakes
Ranch Style Hashbrown
Fresh Baby Carrots
Fruit Choices Milk Choice

2

Buffalo Chicken Pizza
Mixed Garden Salad
Steamed Broccoli
Fruit Choices
Milk Choice

3

Crispy or Spicy Chicken
Patty on Bun
Smiley Fries
Fresh Baby Carrots
Fruit Choices Milk Choice

6

Lasagna Rollups
Seasoned Green Beans
Cucumber & Tomato Salad
Fruit Choices
Milk Choice

7

Jamaican Beef Patty
Oven Fries
Coleslaw
Fruit Choices
Milk Choice

8

Chicken & Waffles
BBQ Baked Beans
Honey Glazed Carrots
Fruit Choices
Milk Choice

9

Corn Dog Nuggets
Mixed Garden Salad
Lemon Broccoli
Fruit Choices
Milk Choice

10

**Lincoln's
Birthday
No School!**

13

Pasta w/ Marinara
& Mozzarella
Mixed Garden Salad
Sauteed Zucchini & Tomato
Fruit Choices Milk Choice

14

Beef Tacos
Confetti Corn Salad
Southwest Bean Salad
Fruit Choices
Milk Choice

15

Sweet 'n Sour
Popcorn Chicken
Cilantro Lime Rice
Honey Ginger Carrots
Marinated Broccoli Salad
Fruit Choices Milk Choice

16

Cheese Pizza w/
Assorted Toppings
Mixed Garden Salad
Grape Tomato & Basil Salad
Fruit Choices Milk Choice

17

**Washington's
Birthday
No School!**

20

Teriyaki Steak Bomb
Potato Wedges
Coleslaw
Fruit Choices
Milk Choice

21

Stuffed Shells
w/ Marinara Sauce
Chickpea Salad
Garlic Knot Roll
Fruit Choices Milk Choice

22

Breaded Drumstick
Mashed Potatoes
Kernel Corn
Warm Dinner Roll
Fruit Choices Milk Choice

23

Nardone's French Bread
Pizza
Mixed Garden Salad
Grape Tomato & Basil Salad
Fruit Choices Milk Choice

24

Bosco Cheese Filled Bread
Stick w/ Marinara
Oven Fries
Fruit Choices
Milk Choice

27

Chicken Fajita
Fiesta Red Beans
Seasoned Vegetables
Fruit Choices
Milk Choice

28



Daily Entrée Options May Include Assorted Sandwiches and Chef Salads with Roll
Fruit Options Include Fresh, Canned in Light Syrup or Juice, Dried, and 100% Fruit Juice
Milk Choices Include: 1% White, Fat Free Chocolate, & Lactaid

This institution is an equal opportunity provider

Due to Unprecedented Supply and Delivery Issues This Menu is Subject to Changes