



# JANUARY 2023

## CT Technical Education & Career System

Assorted Breakfast Options  
Offered Daily!

### Monday

**Holiday Break**  
**No School!**

Crispy or Spicy Chicken **9**  
Patty on Bun  
Smiley Fries  
Marinated Broccoli Salad  
Fruit Choices Milk Choice

**MLK Day!**  
**No School!**

Breaded Mozzarella Sticks **23**  
w/ Marinara Sauce  
Garlic Knot Roll  
Potato Wedges  
Fruit Choices Milk Choice

Jamaican Beef Patty **30**  
Oven Fries  
Cucumber & Tomato Salad  
Fruit Choices  
Milk Choices

### Tuesday

Crispy Chicken Tenders **3**  
Warm Dinner Roll  
Sweet Potato Crinkle Cuts  
Steamed Broccoli  
Fruit Choices Milk Choice

**Brunch for Lunch** **10**  
Pancakes  
Home Fried Potatoes  
Turkey Sausage Links  
Cucumber Sticks  
Fruit Choices Milk Choice

Mozzarella Bites w/  
Marinara Sauce **17**  
Garlic Broccoli  
Fruit Choices  
Milk Choice

Crispy or Spicy Chicken **24**  
Patty on Bun  
Potato Wedges  
Fresh Baby Carrots  
Fruit Choices Milk Choice

Stuffed Shells in  
Marinara Sauce **31**  
Pizza Green Beans  
Warm Dinner Roll  
Fruit Choices Milk Choice

### Wednesday

Pasta with Marinara &  
Mozzarella **4**  
Garlic Knot Roll  
Steamed Broccoli  
Fruit Choices Milk Choice

Beef & Bean Chili **11**  
Ciabatta Roll  
Seasoned Green Beans  
Fruit Choices  
Milk Choice

Beef Tacos **18**  
Mexicali Corn  
Fiesta Red Beans  
Fruit Choices  
Milk Choice

Chicken Quesadillas **25**  
Southwest Bean Salad  
Baby Carrots  
Fruit Choices  
Milk Choice

### Thursday

Popcorn Chicken & Rice Pilaf **3**  
Steamed Green Beans  
Lemon-Roasted Carrots  
Warm Dinner Roll  
Fruit Choices Milk Choice

Sweet 'N Sour **12**  
Popcorn Chicken  
Cilantro Lime Rice  
Honey Ginger Carrots  
Stir Fry Vegetable Blend  
Fruit Choices Milk Choice

Corn Dog Nuggets **19**  
Cowboy Bean Salad  
Roasted Butternut Squash  
Fruit Choices  
Milk Choice

Orange Popcorn Chicken **26**  
Rice Pilaf  
Honey Ginger Carrots  
Steamed Broccoli  
Fruit Choices Milk Choice

### Friday

Cheese Pizza w/ assorted  
Toppings **5**  
Mixed Garden Salad  
Seasoned Green Beans  
Fruit Choices Milk Choice

Breaded Mozzarella Sticks **13**  
with Marinara Sauce  
Mixed Garden Salad  
Steamed Cauliflower  
Fruit Choices Milk Choice

Hamburger/Cheeseburger **20**  
Oven Fries  
Mixed Garden Salad  
Fruit Choices  
Milk Choice

Nardone's French Bread **27**  
Pizza  
Mixed Garden Salad  
Grape Tomato & Basil Salad  
Fruit Choices Milk Choice

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