MAY 2024

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!

CT Technical Education and Career System

Monday

Tuesday

Wednesday

Thursday 📥 Friday





Baked Mac & Cheese Garlic Bread Stick Buffalo Cauliflower Steamed Broccoli Florets Fruit Choices Milk Choice Doritos Walking Tacos
Cuban Black Beans
Pico de Gallo
Fruit Choices
Milk Choice

Breaded Mozzarella Sticks
w/ Marinara Sauce
Warm Dinner Roll
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices Milk Choice

On Bun
Coleslaw
Seasoned Potato Wedges
Fruit Choices Milk Choice

Orange Popcorn Smackers
Steamed Rice
Soy Glazed Green Beans
Honey Ginger Carrots
Fruit Choices Milk Choice

Chicken Fajitas
on Tortillas
Garlic Broccoli
Confetti Corn Salad
Fruit Choices Milk Choice

Philly Cheese
Steak Sandwich
Sweet Potato Fries
Kale Salad
Fruit Choices Milk Choice

Chicken Quesadilla Pizza Mixed Garden Salad Seasoned Green Beans Fruit Choices Milk Choice

Breaded Chicken Filet 13
On Bun
Seasoned Potato Wedges
Cucumber/Tomato Salad
Fruit Choices Milk Choice

Breaded Drumstick
Mashed Potatoes
Corn on the Cob
Honey Biscuit
Fruit Choices Milk Choice

Chicken Carnitas
w/ tortilla
Pico de Gallo
Cuban Black Beans
Fruit Choices Milk Choice

General Tso's Diced Chicken
Fried Rice
Steamed Green Beans
Honey Ginger Carrots
Fruit Choices Milk Choice

Bosco Cheese Filled Bread
Stick w/ Marinara
Mixed Garden Salad
Seasoned Vegetables
Fruit Choices Milk Choice

Breaded Chicken Strips

Warm Dinner Roll

Roasted Butternut Squash

Marinated Chickpea Salad

Fruit Choices Milk Choice

Beef Nachos
Mexican Street Corn
Spanish Rice
Fiesta Red Beans
Fruit Choices Milk Choice

Brunch For Lunch
French Toast Sticks
Home Fried Potatoes
Turkey Sausage Links
Fresh Baby Carrots
Fruit Choices Milk Choice

Wing Bar
Buffalo or BBQ
Celery/Carrot Sticks
Rice & Beans
Warm Dinner Roll
Fruit Choices Milk Choice

Chefs Choice
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices
Milk Choice

Memorial Day No School!

w/ Marinara
Cucumber/Tomato Salad
Sauteed Summer Squash
Fruit Choices Milk Choice

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

Chicken, Corn & 30
Mashed Potato Bowl
Steamed Green Beans
Honey Biscuit
Fruit Choices Milk Choice

Mozzarella Bites w/ 31

Marinara Sauce
Garlic Broccoli
Pizza Green Beans
Fruit Choices Milk Choice

