# LUNCH

# NOVEMBER 2024
## Connecticut 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 |
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| | | | | **1** Cheese Quesadilla Pizza<br>Mixed Garden Salad<br>Buffalo Cauliflower<br>Fruit Choices<br>Milk Choice |
| **4** Breaded Chicken Strips<br>Tater Tots<br>Warm Dinner Roll<br>Steamed Broccoli Florets<br>Fruit Choices Milk Choice | **5** Professional Development No School! | **6** App Sampler!<br>Mac & Cheese Bites<br>Cheese Stuffed Breadstick<br>Buffalo Cauliflower<br>Sweet Green Peas<br>Fruit Choices Milk Choice | **7** Beef & Cheese Nachos<br>Steamed Green Beans<br>Spanish Rice<br>Fiesta Red Beans<br>Fruit Choices Milk Choice | **8** Breaded Mozzarella Sticks w/ Marinara Sauce<br>Warm Dinner Roll<br>Lemon Roasted Carrots<br>Fruit Choices Milk Choice |
| **11** Veterans Day No School! | **12** Breaded Drumstick<br>Mashed Potatoes<br>Kernel Corn<br>Honey Biscuit<br>Fruit Choices Milk Choice | **13** Brunch for Lunch<br>Sausage, Egg, and Cheese on English Muffin<br>Home Fried Potatoes<br>Fresh Baby Carrots<br>Fruit Choices Milk Choice | **14** Beef & Bean Chili<br>Warm Dinner Roll<br>Honey Glazed Carrots<br>Fruit Choices<br>Milk Choice | **15** Cheese Pizza w/ Assorted Toppings<br>Mixed Garden Salad<br>Steamed Broccoli Florets<br>Fruit Choices Milk Choice |
| **18** Breaded Chicken Filet On Bun<br>Seasoned Potato Wedges<br>Honey Glazed Carrots<br>Fruit Choices Milk Choice | **19** Pasta w/ Meat Sauce<br>Garlic Knot Roll<br>Sauteed Zucchini & Tomatoes<br>Pizza Green Beans<br>Fruit Choices Milk Choice | **20** Chicken, Corn, & Mashed Potato Bowl<br>Honey Biscuit<br>Fresh Baby Carrots<br>Fruit Choices Milk Choice | **21** Chicken Fajitas<br>Southwest Bean Salad<br>Mexican Street Corn<br>Fruit Choices<br>Milk Choice | **22** Nardone's Cheese Pizza w/ Assorted Toppings<br>Mixed Garden Salad<br>Marinated Broccoli<br>Fruit Choices Milk Choice |
| **25** Stuffed Shells in Marinara Sauce<br>Fresh Baby Carrots<br>Steamed Breen Beans<br>Garlic Knot Roll<br>Fruit Choices Milk Choice | **26** Sliced Turkey in Gravy Over Whipped Potatoes<br>Honey Glazed Carrots<br>Pumpkin Bread<br>Fruit Choices Milk Choice | **27** Hamburger/Cheeseburger On Bun<br>Sweet Potato Fries<br>Cucumber/Tomato Salad<br>Fruit Choices Milk Choice | **28** Thanksgiving Break! | **29** Thanksgiving Break! |

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

*This institution is an equal opportunity provider.*      Due to unprecedented supply and delivery issues this menu is subject to change