



# FEBRUARY 2025

Connecticut Technical Education & Career System

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

## Monday

Breaded Chicken Strips <sup>3</sup>  
Tater Tots  
Warm Dinner Roll  
Steamed Broccoli Florets  
Fruit Choices Milk Choice

## Tuesday

Meatball Grinder <sup>4</sup>  
Steamed Green Beans  
Seasoned Potato Wedges  
Fruit Choices  
Milk Choices

## Wednesday

App Sampler! <sup>5</sup>  
Mac & Cheese Bites  
Cheese Stuffed Breadstick  
Buffalo Cauliflower  
Sweet Green Peas

## Thursday

Chicken Fajitas <sup>6</sup>  
Southwest Bean Salad  
Mexican Street Corn  
Fruit Choices  
Milk Choice

## Friday

Breaded Mozzarella Sticks <sup>7</sup>  
w/ Marinara Sauce  
Warm Dinner Roll  
Lemon Roasted Carrots  
Fruit Choices Milk Choice

Cheese Pizza w/  
Assorted Toppings <sup>10</sup>  
Mixed Garden Salad  
Steamed Broccoli Florets  
Fruit Choices Milk Choice

Breaded Drumstick <sup>11</sup>  
Mashed Potatoes  
Kernel Corn  
Honey Biscuit  
Fruit Choices Milk Choice

<sup>12</sup>  
**Lincoln's Birth-  
day  
No School!**

Brunch for Lunch <sup>13</sup>  
Sausage, Egg, and Cheese  
on English Muffin  
Home Fried Potatoes  
Fresh Baby Carrots

Breaded Chicken Filet <sup>14</sup>  
On Bun  
Seasoned Potato Wedges  
Honey Glazed Carrots  
Fruit Choices Milk Choice

<sup>17</sup>  
**President's Day  
No School!**

Pasta w/ Meat Sauce <sup>18</sup>  
Garlic Knot Roll  
Sauteed Zucchini & Tomatoes  
Pizza Green Beans  
Fruit Choices Milk Choice

General Tso's <sup>19</sup>  
Popcorn Smackers  
Steamed Rice  
Snap peas  
Honey Ginger Carrots

Wing Bar <sup>20</sup>  
Buffalo or BBQ  
Celery/Carrot Sticks  
Rice & Beans  
Warm Dinner Roll

Nardone's Cheese Pizza <sup>21</sup>  
w/ Assorted Toppings  
Mixed Garden Salad  
Marinated Broccoli  
Fruit Choices Milk Choice

Cheese Quesadilla Pizza <sup>24</sup>  
Mixed Garden Salad  
Buffalo Cauliflower  
Fruit Choices  
Milk Choice

Beef Tacos <sup>25</sup>  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

Toasted Cheese Sandwich <sup>26</sup>  
Tomato Soup  
Oven Fries  
Fruit Choices  
Milk Choice

Chicken, Corn, & <sup>27</sup>  
Mashed Potato Bowl  
Honey Biscuit  
Honey Glazed Carrots  
Fruit Choices Milk Choice

Hamburger/Cheeseburger <sup>28</sup>  
On Bun  
Sweet Potato Fries  
Cucumber/Tomato Salad  
Fruit Choices Milk Choice



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%, 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