



# FEBRUARY 2024

## 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



Hamburger/Cheeseburger **5**  
On Bun  
Steamed Broccoli Florets  
Sweet Potato Wedges  
Fruit Choices Milk Choice

**Lincoln's  
Birthday  
No School!**

**Presidents Day  
No School!**

Breaded Chicken Filet **26**  
On Bun  
Seasoned Potato Wedges  
Cucumber/Tomato Salad  
Fruit Choices Milk Choice

### Tuesday



General Tso's **6**  
Popcorn Smackers  
Steamed Rice  
Soy Glazed Green Beans  
Honey Ginger Carrots  
Fruit Choices Milk Choice

Pasta w/ Marinara **13**  
& Mozzarella  
Tuscan White Beans  
Sauteed Zucchini & Tomato  
Fruit Choices Milk Choice

Corn Dog Nuggets **20**  
Sweet Potato Fries  
Lemon Broccoli  
Fruit Choices  
Milk Choice

Meatball Grinder **27**  
w/ Mozzarella  
Grape Tomato & Basil Salad  
Smoky Cauliflower  
Fruit Choices Milk Choice

### Wednesday



Brunch For Lunch **7**  
Sausage, Egg, and Cheese  
on English Muffin  
Home Fried Potatoes  
Fresh Baby Carrots  
Fruit Choices Milk Choice

Breaded Drumstick **14**  
Mashed Potatoes  
Garlic Broccoli  
Honey Biscuit  
Fruit Choices Milk Choice

Jamaican Beef Patty **21**  
Cucumber & Tomato Salad  
Buffalo Cauliflower  
Fruit Choices  
Milk Choice

Beef or Cheese Nachos **28**  
Mexican Street Corn  
Spanish Rice  
Fiesta Red Beans  
Fruit Choices Milk Choice

### Thursday

Baked Mac & Cheese **1**  
Garlic Bread Stick  
Seasoned Green Beans  
Steamed Broccoli Florets  
Fruit Choices Milk Choice

Wing Bar **8**  
Buffalo or BBQ  
Celery/Carrot Sticks  
Rice & Beans  
Warm Dinner Roll  
Fruit Choices Milk Choice

Beef Tacos **15**  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

Chicken & Waffles **22**  
BBQ Baked Beans  
Honey Glazed Carrots  
Fruit Choices  
Milk Choice

Orange Popcorn Smackers **29**  
Steamed Rice  
Seasoned Vegetables  
Honey Ginger Carrots  
Fruit Choices Milk Choice

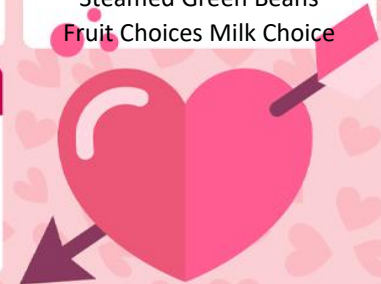
### Friday

Mozzarella Bites w/ **2**  
Marinara Sauce  
Garlic Broccoli  
Pizza Green Beans  
Fruit Choices Milk Choice

Nardone's French **9**  
Bread Pizza  
Mixed Garden Salad  
Roasted Broccoli  
Fruit Choices Milk Choice

Chicken Quesadilla Pizza **16**  
Mixed Garden Salad  
Marinated Broccoli Salad  
Fruit Choices  
Milk Choice

Breaded Mozzarella Sticks **23**  
w/ Marinara Sauce  
Garlic Knot Roll  
Mixed Garden Salad  
Steamed Green Beans  
Fruit Choices Milk Choice



Daily Entrée Option 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, & Lactaid

*This institution is an equal opportunity provider*

Due to unprecedented supply and delivery issues this menu is subject to change