JANUARY 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 your day off to a great start with SCHOOL BREAKFAST

*	Monday	 Tuesday 	Wednesday	Thursday	Friday
\$ *	*	HAPPY NEW YEAR	New Years Day No School!	Cheese Quesadilla Pizz 2 Mixed Garden Salad Buffalo Cauliflower Fruit Choices Milk Choice	Chicken, Corn, & 3 Mashed Potato Bowl Honey Biscuit Honey Glazed Carrots Fruit Choices Milk Choice
\$	Breaded Chicken Strip 6 Tater Tots Warm Dinner Roll Steamed Broccoli Florets Fruit Choices Milk Choice	Meatball Grinder 7 Steamed Green Beans Seasoned Potato Wedges Fruit Choices Milk Choices	App Sampler! Mac & Cheese Bites Cheese Stuffed Breadstick Buffalo Cauliflower Sweet Green Peas Fruit Choices Milk Choice	Beef & Cheese Nacho 9 Steamed Green Beans Spanish Rice Fiesta Red Beans Fruit Choices Milk Choice	Breaded Mozzarella Sti 10 w/ Marinara Sauce Warm Dinner Roll Lemon Roasted Carrots Fruit Choices Milk Choice
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<b>P</b>	MLK Day 20 No School!	Pasta w/ Meat Sauce 21 Garlic Knot Roll Sauteed Zucchini & Tomatoes Pizza Green Beans Fruit Choices Milk Choice	Triple Decker Toaster 22 Cheese Sandwich Tomato Soup Oven Fries Fruit Choices Milk Choice	Chicken Fajitas 23 Southwest Bean Salad Mexican Street Corn Fruit Choices Milk Choice	Nardone's Cheese Piz 24 w/ Assorted Toppings Mixed Garden Salad Marinated Broccoli Fruit Choices Milk Choice
1	Hamburger/Cheesebur On Bun Sweet Potato Fries Cucumber/Tomato Salad Fruit Choices Milk Choice	Beef Tacos 28 Cuban Black Beans Pico de Gallo Fruit Choices Milk Choice	Stuffed Shells in Marinara Sauce Fresh Baby Carrots Steamed Breen Beans Garlic Knot Roll Fruit Choices Milk Choice	Chicken, Corn, & 30 Mashed Potato Bowl Honey Biscuit Honey Glazed Carrots Fruit Choices Milk Choice	Cheese Quesadilla Pizz 31 Mixed Garden Salad Buffalo Cauliflower 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% 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