



# 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 **3**  
Tater Tots  
Warm Dinner Roll  
Steamed Broccoli Florets  
Fruit Choices Milk Choice

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

**President's Day** **17**  
**No School!**

Cheese Quesadilla Pizza **24**  
Mixed Garden Salad  
Buffalo Cauliflower  
Fruit Choices  
Milk Choice

## Tuesday

Meatball Grinder **4**  
Steamed Green Beans  
Seasoned Potato Wedges  
Fruit Choices  
Milk Choices

Breaded Drumstick **11**  
Mashed Potatoes  
Kernel Corn  
Honey Biscuit  
Fruit Choices Milk Choice

Pasta w/ Meat Sauce **18**  
Garlic Knot Roll  
Sautéed Zucchini & Tomatoes  
Pizza Green Beans  
Fruit Choices Milk Choice

Beef Tacos **25**  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

## Wednesday

**App Sampler!** **5**  
Mac & Cheese Bites  
Cheese Stuffed Breadstick  
Buffalo Cauliflower  
Sweet Green Peas  
Fruit Choices Milk Choice

**Lincoln's Birthday** **12**  
**No School!**

General Tso's **19**  
Popcorn Smackers  
Steamed Rice  
Snap peas  
Honey Ginger Carrots  
Fruit Choices Milk Choice

Toasted Cheese Sandwich **20**  
Tomato Soup  
Oven Fries  
Fruit Choices  
Milk Choice

## Thursday

**Wing Bar** **6**  
Buffalo or BBQ  
Celery/Carrot Sticks  
Rice & Beans  
Warm Dinner Roll  
Fruit Choices Milk Choice

**Brunch for Lunch** **13**  
Sausage, Egg, and Cheese on English Muffin  
Home Fried Potatoes  
Fresh Baby Carrots  
Fruit Choices Milk Choice

Chicken Fajitas **20**  
Southwest Bean Salad  
Mexican Street Corn  
Fruit Choices  
Milk Choice

Chicken, Corn, & Mashed Potato Bowl **27**  
Honey Biscuit  
Honey Glazed Carrots  
Fruit Choices Milk Choice

## Friday

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

Breaded Chicken Filet **14**  
On Bun  
Seasoned Potato Wedges  
Honey Glazed Carrots  
Fruit Choices Milk Choice

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

Hamburger/Cheeseburger **28**  
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