



# MAY 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

Tuesday

Wednesday

Thursday

Friday

Doritos Walking Tacos **5**  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

Breaded Chicken Strips **6**  
Tater Tots  
Warm Dinner Roll  
Kale and Apple Salad  
Fruit Choices Milk Choice

**App Sampler!** **7**  
Mac & Cheese Bites  
Cheese Stuffed Breadstick  
Buffalo Cauliflower  
Sweet Green Peas  
Fruit Choices Milk Choice

Beef & Cheese Nachos **1**  
Steamed Green Beans  
Spanish Rice  
Fiesta Red Beans  
Fruit Choices Milk Choice

Breaded Mozzarella Sticks **8**  
w/ Marinara Sauce  
Warm Dinner Roll  
Lemon Roasted Carrots  
Fruit Choices Milk Choice

Cheese Pizza w/ **12**  
Assorted Toppings  
Mixed Garden Salad  
Sauteed Summer Squash  
Fruit Choices Milk Choice

Beef Tacos **13**  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

**Brunch for Lunch** **14**  
French Toast Sticks  
Turkey Sausage Links  
Home Fried Potatoes  
Fresh Baby Carrots  
Fruit Choices Milk Choice

General Tso's Rice Bowl **1**  
Popcorn Smackers, Rice,  
Steamed Broccoli Florets  
Honey Glazed Carrots  
Fruit Choices Milk Choice

Breaded Chicken Filet **9**  
On Bun  
Seasoned Potato Wedges  
Honey Glazed Carrots  
Fruit Choices Milk Choice

Chicken Fajitas **15**  
Southwest Bean Salad  
Mexican Street Corn  
Fruit Choices  
Milk Choice

Hamburger/Cheeseburger **16**  
On Bun  
Sweet Potato Fries  
Cucumber/Tomato Salad  
Fruit Choices Milk Choice

Cheese Quesadilla Pizza **19**  
Mixed Garden Salad  
Buffalo Cauliflower  
Fruit Choices  
Milk Choice

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

Buffalo Popcorn Smackers **21**  
Carrot and Celery Sticks  
Rice Pilaf  
Confetti Corn Salad  
Fruit Choices Milk Choice

American Chop Suey **22**  
Steamed Green Beans  
Cucumbers w/ Dill  
Garlic Knot Roll  
Fruit Choices Milk Choice

Chefs Choice **23**  
Fresh Baby Carrots  
Smiley Fries  
Fruit Choices  
Milk Choice

**Memorial Day** **26**  
**No School!**

Nardone's Cheese Pizza **27**  
w/ Assorted Toppings  
Mixed Garden Salad  
Marinated Broccoli  
Fruit Choices Milk Choice

Chicken & Waffles **28**  
BBQ Baked Beans  
Honey Glazed Carrots  
Fruit Choices  
Milk Choice

Cheese Stuffed Bread **29**  
Marinara Cup  
Seasoned Green Beans  
Fruit Choices  
Milk Choice

Chefs Choice **30**  
Coleslaw  
Smiley Fries  
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