



# DECEMBER 2023

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

Tuesday

Wednesday

Thursday

Friday

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

Beef Tacos  
Cuban Black Beans  
Mexican Street Corn  
Fruit Choices  
Milk Choice

General Tso's  
Popcorn Smackers  
Steamed Rice  
Roasted Broccoli Florets  
Honey Ginger Carrots  
Fruit Choices Milk Choice

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

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

Corn Dog Nuggets  
Mixed Garden Salad  
Roasted Butternut Squash  
Fruit Choices  
Milk Choice

Chicken Parm on Roll  
Tater Tots  
Steamed Green Beans  
Fruit Choices  
Milk Choice

Breaded Drumstick  
Mashed Potatoes  
Corn on the Cob  
Honey Biscuit  
Fruit Choices Milk Choice

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

Jamaican Beef Patty  
BBQ Baked Beans  
Coleslaw  
Fruit Choices  
Milk Choice

Nardone's French  
Bread Pizza  
Mixed Garden Salad  
Marinated Broccoli Salad  
Fruit Choices Milk Choice

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

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

Breaded Chicken Strips  
Warm Dinner Roll  
Roasted Butternut Squash  
Marinated Chickpea Salad  
Fruit Choices Milk Choice

Homestyle Breaded  
Chicken Filets  
Mashed Potatoes & Gravy  
Honey Glazed Carrots  
Honey Biscuit  
Fruit Choices Milk Choice

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

25

26

**Holiday Break**  
Dec 25<sup>th</sup> – Jan 2<sup>nd</sup>  
**No School!**

28

29

Dail 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, & Lactaid

*This institution is an equal opportunity provider*

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