



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

3

Breaded Chicken Strips
Tater Tots
Warm Dinner Roll
Steamed Broccoli Florets
Fruit Choices Milk Choice

Tuesday

4

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

Wednesday

5

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

Thursday

6

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

Friday

7

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

10

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

11

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

12

**Lincoln's Birthday
No School!**

13

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

14

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

17

**President's Day
No School!**

18

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

19

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

20

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

21

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

24

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

25

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

26

Toasted Cheese Sandwich
Tomato Soup
Oven Fries
Fruit Choices
Milk Choice

27

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

28

Hamburger/Cheeseburger
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