



SEPTEMBER 2026

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

Labor Day 7
No School!

Hamburger/Cheeseburger 14
On bun
Corn on the Cob
Curly Fries
Fruit Choices Milk Choice

Wild Mike's Cheese Bites 21
Marinara Sauce
Tomato/Basil Salad
Steamed Green Beans
Fruit Choices Milk Choice

Breaded Chicken Filet 28
On Bun
Sweet Corn Salad
Crinkle Cut Fries
Fruit Choices Milk Choice

Beef Tacos 1
Cuban Black Beans
Pico de Gallo
Fruit Choices
Milk Choice

Beef & Cheese Nachos 3
Spanish Rice
Fiesta Red Beans
Pico de Gallo
Fruit Choices Milk Choice

Mexicali Taco Boat 15
Spanish Rice
Southwest Bean Salad
Fruit Choices
Milk Choice

Bean Burrito Bowl 22
Mexican Street Corn
Garlic Knot Roll
Fruit Choice
Milk Choice

Beef Tacos 29
Cuban Black Beans
Pico de Gallo
Fruit Choices
Milk Choice

Brunch for Lunch 2
French Toast Sticks
Turkey Sausage Links
Home Fried Potatoes
Fresh Baby Carrots
Fruit Choices Milk Choice

Baked Mac & Cheese 9
Garlic Bread Stick
Sweet Green Peas
Fresh Baby Carrots
Fruit Choices Milk Choice

Baked Potato Bar 16
Chili, Cheese, Broccoli
Warm Dinner Roll
Pasta Salad
Fruit Choices Milk Choice

Professional Development 23
No School!

Brunch for Lunch 30
French Toast Sticks
Turkey Sausage Links
Home Fried Potatoes
Fresh Baby Carrots
Fruit Choices Milk Choice

General Tso's Rice Bowl 6
Popcorn Chicken, Rice,
Steamed Broccoli
Honey Glazed Carrots
Fruit Choices Milk Choice

Buffalo Chicken Rice Bowl 13
Popcorn Chicken, Rice,
Steamed Broccoli
Honey Glazed Carrots
Fruit Choices Milk Choice

Chicken & Broccoli Alfredo 17
Seasoned Green Beans
Roasted Butternut Squash
Garlic Knot Roll
Fruit Choices Milk Choice

Buffalo or BBQ Wings 24
Celery/Carrot Sticks
Baked Beans
Pasta Salad
Fruit Choices Milk Choice

Stuffed Crust Pizza 4
w/ Assorted Toppings
Mixed Green Salad
Steamed Green Beans
Fruit Choices Milk Choice

Breaded Chicken Strips 11
Garlic Knot Roll
Buffalo Cauliflower
Mixed Garden Salad
Fruit Choices Milk Choice

French Bread Pizza w/ 18
Assorted Toppings
Mixed Garden Salad
Fresh Baby Carrots
Fruit Choices Milk Choice

Breaded Mozzarella Sticks 25
w/ Marinara Sauce
Warm Dinner Roll
Mixed Green Salad
Steamed Broccoli Florets
Fruit Choices Milk Choices

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 supply and delivery issues this menu is subject to change