



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

Tuesday

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

Wednesday

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

Thursday

Chicken Fajitas **6**
Southwest Bean Salad
Mexican Street Corn
Fruit Choices
Milk Choice

Friday

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

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

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

**Lincoln's Birth-
day
No School!** **12**

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

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

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

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

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

Wing Bar **20**
Buffalo or BBQ
Celery/Carrot Sticks
Rice & Beans
Warm Dinner Roll
Fruit Choices Milk Choice

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

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

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

Toasted Cheese Sandwich **26**
Tomato Soup
Oven Fries
Fruit Choices
Milk Choice

Chicken, Corn, &
Mashed Potato Bowl **27**
Honey Biscuit
Honey Glazed Carrots
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