

Career Technology Center September 2022 Lunch Menu



Food Service Director: Marlene Toolan
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Monday	Tuesday	Wednesday	Thursday	Friday
28 	29	31 Buffalo Chicken Dipper Sweet Potato Fries Fruit Low Fat Milk	1 Turkey, Ham & Cheese Stuffer Green Beans Fruit Low Fat Milk	2 Pepperoni or Plain Pizza Peas Fruit Low Fat Milk
5 Happy Labor Day! 	6 Chicken Nuggets Sliced Bread Mixed Vegetables Fruit Low Fat Milk	7 Chicken Burrito Bowl Seasoned Corn Fruit Low Fat Milk	8 Steak and Cheese Hoagie French Fries Fruit Low Fat Milk	9 Chicken, Bacon, Ranch Or Plain Pizza Carrots Fruit Low Fat Milk
12 Walking Tacos W/Beef & Cheese Seasoned Corn Fruit Low Fat Milk	13 Chicken Smackers Sliced Bread Seasoned Green Beans Fruit Low Fat Milk	14 Chili, Cheese Loaded Fries Fruit Low Fat Milk	15 BBQ Pulled Pork Sandwich Baked Beans Fruit Low Fat Milk	16 Pepperoni or Plain Pizza Carrots Fruit Low Fat Milk
19 Bacon Cheeseburger French Fries Fruit Low Fat Milk	20 French Toast Sticks w/ Sausage Tater Tots Fruit Low Fat Milk	21 General Tso's Chicken Bowl Broccoli Apple Sauce Low Fat Milk	22 Pasta w/Meat sauce Dinner Roll Green Beans Fruit Low Fat Milk	23 Cheesesteak or Plain Pizza Carrots Fruit Low Fat Milk
26 Sweet & Spicy BBQ Chicken Bowl Buttered Corn Fruit Low Fat Milk	27 Beef Nachos Beans & Rice Fruit Low Fat Milk	28 Chicken Broccoli Alfredo Garden Side Salad Fruit Low Fat Milk	29 Cheesesteak Stromboli Mixed Veggies Fruit Low Fat Milk	30 Italian Dunkers w/Dipping Sauce Peas Fruit Low Fat Milk

Monday

Breaded Chicken
Bacon Ranch Wrap

Tuesday

Italian Hoagie

Wednesday

Chicken Caesar
Wrap

Thursday

Turkey Club

Friday

Buffalo Chicken
Wrap

Daily

Breaded Chicken
Patty Sandwich



*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

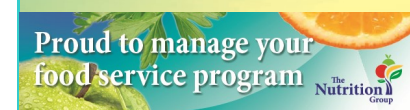
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored



MENUS SUBJECT TO CHANGE

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE