

Fresh Eats

CAFETERIA

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
3 Pierogies with Buttered Noodles Tender Broccoli Tropical Fruit	4 Chicken & Cheese Nachos with Brown Rice Golden Corn Pineapple Tidbits	5 Breaded Pork Patty with Sliced Bread & Gravy Mashed Potatoes Diced Pears	6 Dill Chicken Sandwich with TNG Slammin' Sauce Seasoned Green Beans Sliced Apples	7 Pizzeria Style Cheese Pizza Mixed Vegetables Diced Peaches
10 Loaded Chicken Totchos Bowl with Garlic Toast Golden Corn Applesauce	11 Grilled Cheese Sandwich with Tomato Soup Mixed Vegetables Banana	12 Pasta with Meatballs & Sliced Bread Steamed Broccoli Tropical Fruit	13 Chicken Cheese Steak Hoagie Buttered Carrot Coins Diced Pears	14  No School
17  NO SCHOOL	18 Chicken & Queso Taco with Brown Rice Seasoned Green Beans Diced Peaches	19 Macaroni & Cheese with Sliced Bread Sweet Peas Pineapple Tidbits	20 Popcorn Chicken Mashed Potato Bowl with Sliced Bread Golden Corn Mandarin Oranges	21 Pizzeria Style Pepperoni Pizza Buttered Carrot Coins Tropical Fruit
24 Meatball Hoagie with Mozzarella Cheese Tater Tots Cinnamon Applesauce	25 Beef & Cheddar Nachos with Brown Rice Sweet Corn Mixed Fruit	26 BBQ Rib Sandwich Steamed Broccoli Diced Pears	27 Chicken Nuggets with Buttered Noodles Mixed Vegetables Diced Peaches	28 French Bread Pizza Green Beans Pineapple Tidbits

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free Chocolate Milk, 1% White Milk

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Monday- Italian Hoagie
 Tuesday- Breaded Chicken Wrap
 Wednesday- Chicken Caesar Wrap
 Thursday- Buffalo Chicken Wrap
 Friday- Turkey & Cheese Hoagie
 Daily- Breaded Chicken Sandwich