

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank the heroes who serve your food in the cafeteria.</p>			1 Dill Chicken Sandwich with Slamin' Sauce French Fries Tropical Fruit	2 Pizzeria Style Cheese Pizza Carrot Coins Diced Peaches
5 Beef Nachos w/Cheddar and Brown Rice Golden Corn Mixed Fruit 	6 Boneless Wing Bar with Buttered Noodles Mixed Vegetables Banana	7 Pasta with Meat Sauce and Sliced Bread Tender Broccoli Mandarin Oranges	8 Loaded Chicken Totchos Bowl with Garlic Toast Sweet Corn Pineapple Tidbits	9 French Bread Pizza Seasoned Green Beans Applesauce
12 BBQ Rib Sandwich Tater Tots Diced Pears	13 Chicken & Cheese Soft Taco Buttered Corn Mixed Fruit	14 Korean Beef Bulgogi Rice Bowl (Korean BBQ BEEF) Pickled Cucumbers & Carrots Diced Peaches	15 Chicken & Gravy over a Home Style Biscuit Mashed Potatoes Crisp Apple	16 Pizzeria Style Pepperoni Pizza Steamed Broccoli Tropical Fruit
19 Meatball Hoagie with Mozzarella Cheese Steamed Broccoli Applesauce	20 Walking Taco with Beef & Cheese Sweet Corn Mandarin Oranges	21 Loaded Fries with Beef & Cheese and Sliced Bread Seasoned Green Beans Diced Pears	22 Sloppy Joe on a Bun Tater Tots Mixed Fruit	Pizzeria Style Deluxe Steak & Cheese Pizza Buttered Carrots Pineapple Tidbits
26 MEMORIAL DAY NO SCHOOL	27 Popcorn Chicken Mashed Potato Bowl with Sliced Bread Golden Corn Tropical Fruit	28 National Hamburger Day Bacon Cheeseburger on a Bun French Fries Diced Peaches	29 Chicken Nuggets with Buttered Noodles Green Beans Applesauce	30 Pizzeria Style Cheese Pizza Mixed Vegetables Mixed Fruit

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

1% White & Fat Free Chocolate 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