

# Fresh Eats

CAFETERIA

Director of Food &amp; Nutrition

Marlene Toolan | Email: Mtoolan@ctcccl.edu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Chicken Fajita</b> Sweet Corn Applesauce	<b>3</b> <b>Lasagna Roll Up with Garlic Bread</b> Tender Broccoli Diced Pears	<b>4</b> <b>Sweet &amp; Spicy BBQ Chicken Bowl</b> Seasoned Green Beans Tropical Fruit	<b>5</b> <b>Pierogies with Sliced Bread</b> Tater Tots Mixed Fruit	<b>6</b> <b>Pizzeria Style Cheese Pizza</b> Mixed Vegetables Pineapple Tidbits
<b>9</b> <b>Chicken Parmesan Sandwich</b> Steamed Broccoli Mandarin Oranges	<b>10</b> <b>Beef Nachos with Queso Cheese &amp; Brown Rice</b> Golden Corn Diced Peaches	<b>11</b> <b>Chicken Vegetable Dumplings</b> Mixed Vegetables Applesauce	<b>12</b> <b>Meatball Hoagie with Mozzarella Cheese</b> Seasoned Green Beans Tropical Fruit	<b>13</b> <b>Pizzeria Style Pepperoni Pizza</b> Carrot Coins Diced Pears
<h2>Happy Summer</h2> <p>Keep up your healthy habits on summer break.</p>				

**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 or Fat Free Chocolate

**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