

CCSU 9-12 Food Service September 2010

30	31	1	2	3
	<p>Welcome Freshmen Class</p> <p>Hot Dog on a Roll Homemade Pasta Salad Mixed Green Salad Cranberry Sauce</p>	<p>Chicken Nuggets</p> <p>Whipped Potatoes Sliced Carrots Dipping Sauces; BBQ Sauce and Sweet Clover Honey White or Wheat Dinner Roll Mixed Fruit Cup</p>	<p>Brunch</p> <p>French Toast Sticks w/ Syrup Sausage Link or Ham Pattie Ice Cold Assorted Juice Apple Sauce</p>	<p>TGIF Special</p>
6	7	8	9	10
No School	<p>Chicken Parm Sandwich</p> <p>Fresh Lettuce Sliced Tomato Steamed Green Beans Pasta Salad Mixed Fruit Cup</p>	<p>Brunch</p> <p>Pancakes w/ Syrup Sausage Link or Ham Pattie Ice Cold Assorted Juice Apple Sauce</p>	<p>Grilled Chicken Taco</p> <p>Shredded Lettuce, Tomatoes and Cheese Steamed Sweet Corn Sliced Cling Peaches</p>	<p>TGIF Special</p>
13	14	15	16	17
<p>Chicken Nuggets</p> <p>Whipped Potatoes Sliced Carrots Dipping Sauces; BBQ Sauce and Sweet Clover Honey White or Wheat Dinner Roll Mixed Fruit Cup</p>	<p>Seafood Salad On a Croissant</p> <p>Roasted Sweet Potatoes Mixed Green Salad Apple Sauce</p>	<p>Corndog</p> <p>French Fries Fresh Baby Carrots White or Wheat Dinner Roll Cranberry Sauce</p>	<p>Spaghetti</p> <p>with Homemade Meat or Marinara Sauce Garlic Bread Steamed Sweet Corn Sliced Cling Peaches</p>	<p>TGIF Special</p>
20	21	22	23	24
<p>Fish N Chips</p> <p>Baked Fish Sticks and French Fries With Tartar Sauce Steamed Broccoli Apple Sauce</p>	<p>Nacho Day</p> <p>Tortilla Chips with Assorted Toppings: Chili, Salsa, Cheddar Cheese, Diced Tomato, Shredded Lettuce and Black Olives Apple Sauce</p>	<p>Hamburger or Cheeseburger</p> <p>On a Roll Fresh Lettuce Sliced Tomato French Fries Sliced Pears in Natural Juice</p>	<p>Homemade Mac & Cheese</p> <p>With Vermont Cabot Cheddar Glazed Sliced Carrots White or Wheat Dinner Roll Sliced Cling Peaches</p>	<p>TGIF Special</p>

CCSU FOOD SERVICE
MAKES IT EASY AND
DELICIOUS TO MAKE
HEALTHY CHOICES!

CCSU FOOD SERVICE
USES FRESH LOCAL INGREDIENTS
WHEN THEY ARE AVAILABLE!

START YOUR DAY OUT RIGHT,
EAT BREAKFAST. BREAKFAST IS
SERVED DAILY.

ALL LUNCHESES INCLUDE ONE
MILK AND ONE JUICE,
TWO JUICES, OR A
BOTTLE OF WATER.