Sussex County Charter School for Technology



Available every day...

Chicken Patty or Spicy Chicken Patty on a Whole Wheat Bun

(All the sides included)



Salad Bar Choices

OFFERED DAILY
A Fresh Leafy Romaine or
Spinach Side Salad

Fresh Carrot Sticks and Crisp Cucumbers

Come to the Did You Know Café and Enjoy a Delicious & Healthy Lunch!!



GRAB-N-GO Salads/ Bagged Lunches/Sandwiches



Week 1: Turkey& Cheese Sub or Salad Entree

Week 2: Italian Sub or Salad Entree

Week 3: Turkey & Cheese Sub or Salad Entree Week 4: Ham and Cheese Sub or Salad Entre

Week 5: Italian Sub or Salad Entree



PIZZA EVERY DAY- PLAIN/PEPPERONI

Offered Daily:

Assorted Fresh Fruits and Vegetables, 100% Fruit Juice, Fat free chocolate, 1%white, and skim milk

Monday	Tuesday	Wednesday	Thursday	Friday
CHEESEBURGER FRIES COLE SLAW SWEET POTATO FRIES	CHICKEN IN A BASKET CHICKEN DRUMSTICK BISCUIT GOLDEN BAKED FRIES	4 MAC AND CHEESE FRESH BAKED BREAD STICK SPINACH SIDE SALAD	5 GRILLED CHEESE SANDWICH TOMATO SOUP MIXED VEGETABLES	6 CHICKEN TENDERS W/ FRESH BAKED DINNER ROLL HOME-MADE HUMMUS W/ CUCUMBERS FOR
9 NO SCHOOL	10 FRENCH TOAST STICKS WITH SAUSAGE CINNAMON BAKED SWEET POTATOES	PASTA BAR CHOICE OF MARINARA, MEAT SAUCE OR MEATBALLS STEAMED BROCCOLI FRESH BAKED DINNER ROLL	WALKING NACHOS BAKED BEANS SIDE OF BROWN RICE	13 MOZZARELLA STICKS W/ TANGY MARINARA CRISPY FRIES DINNER ROLL
QUESADILLAS CHICKEN OR CHEESE CROSS TRAX SWEET POTATO FRIES	CHICKEN BOWL POPCORN CHICKEN, MASHED POTATOES GOLDEN CORN	BAKED ZITI FRESH BAKED DINNER ROLL STEAMED BROCCOLI	GENERAL TSO CHICKEN CILANTRO AND LIME RICE 3-BEAN SALAD	20 MONSTER MEATBALL SUB PARMESAN STYLE GREEN BEANS
PIEROGI POT PIE GARLIC KNOT CITRUS GLAZED CARROTS	24 CHICKEN TENDERS FRESH BAKED BREAD STICK SMILE FRIES	25 DOUBLE DOGS CHOICE OF KRAUT, CHILI, CHEESE BROCCOLI SLAW	CHICKEN AND WAFFLES 3-BEAN SALAD	CHICKEN GYRO FRESH PEPPER STRIPS W/ CUCUMBER SAUCE FOR DIPPING
PANCAKES AND SAUSAGE CROSS TRAX SWEET POTATO FRIES	31 CHICKEN BOWL POPCORN CHICKEN, MASHED POTATOES GOLDEN CORN			