

UPPER CAPE TECHNICAL SCHOOL  
STUDENT CAFETERIA MENU  
WEEK OF JANUARY 3<sup>RD</sup> TO JANUARY 6<sup>TH</sup>

**TUESDAY JANUARY 3<sup>RD</sup>**

HOT DOGS W/CHILI AND SAUERKRAUT      EGG SALAD SANDWICH  
BOSTON BAKED BEANS                      TABOULI SALAD  
TOSSED SALAD                                CHIPS  
DICED FRUIT CUP

**WEDNESDAY JANUARY 4<sup>TH</sup>**

PASTA AMERICANA                          ROAST BEEF SANDWICH  
GARLICY BREAD STICKS                    POTATO SALAD  
CEASAR SALAD                              CHIPS  
ASSORTED JELLO

**THURSDAY JANUARY 5<sup>TH</sup>**

CLUB CHICKEN TACO'S                    GRILLED CHEESE SANDWICH  
SPANISH RICE AND BEANS                SOUTHWESTERN PASTA SALAD  
SANTE FE SALAD                            CHIPS  
ASSORTED YOGURTS

**FRIDAY JANUARY 6<sup>TH</sup>**

ASSORTED PIZZA'S                         CUBAN SANDWICH  
SIDE OF PASTA                              MACARONI SALAD  
TOSSED SALAD                                CHIPS  
STRAWBERRIES AND CREAM TRIFLE

\*FOLLOWING TYPES OF MILK ARE OFFERED REGULAR MILK, 1% MILK, LOWFAT  
CHOCOLATE, COFFEE, AND STRAWBERRY

\* FRESH FRUIT IS AVAILABLE WITH YOUR LUNCH  
UPPER CAPE COD TECHNICAL SCHOOL

*STUDENT CAFETERIA MENU  
WEEK OF JANUARY 9<sup>TH</sup> - JANUARY 13<sup>TH</sup>*

*MONDAY JANUARY 9<sup>TH</sup>*

*CHICKEN PATTIES ON BUN                      TURKEY CLUB SANDWICH  
FRENCH FRIES                                  ASPARAGUS PASTA SALAD  
TOSSED SALAD                                  CHIPS  
FRUIT COCKTAIL*

*TUESDAY JANUARY 10<sup>TH</sup>*

*CHICKEN CORDON BLUE                      PASTRAMI SANDWICH  
SAFFRON RICE AND GREEN BEANS      COLE SLAW  
SPINACH SALAD W/BACON DRESSING CHIPS  
BANANA CREAM PIE*

*WEDNESDAY JANUARY 11<sup>TH</sup>*

*BAKED MACARONI PASTA AND CHEESE      BLT SANDWICH  
GARLICY BREADSTICKS                      POTATO SALAD  
CEASAR SALAD                                  CHIPS  
BAKED APPLE CRISP*

*THURSDAY JANUARY 12<sup>TH</sup>*

*MEATBALL SUB SANDWICH                      ITALIAN SUB SANDWICH  
POTATO WEDGES                                  WALDORF SALAD  
TOSSED SALAD                                  CHIPS  
FROSTED CHOCOLATE CAKE*

*FRIDAY JANUARY 13<sup>TH</sup>*

*ASSORTED PIZZA'S                              PEANUT BUTTER AND JELLY  
SIDE OF PASTA                                  ORCHIETTA PASTA SALAD  
TOSSED SALAD                                  CHIPS  
ICE CREAM SUNDAES*

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CHOCOLATE, COFFEE, AND STRAWBERRY*

*\* FRESH FRUIT IS AVAILABLE WITH YOUR LUNCH*

UPPER CAPE COD TECHNICAL SCHOOL  
STUDENT CAFETERIA MENU  
WEEK OF JANUARY 17<sup>TH</sup>-JANUARY 20<sup>TH</sup>

**TUESDAY JANUARY 17<sup>TH</sup>**

HAMBURGERS/CHEESEBURGERS ON BUN TURKEY SANDWICH  
FRENCH FRIES COUS COUS SALAD  
TOSSED SALAD CHIPS  
DICED PEACHES

**WEDNESDAY JANUARY 18<sup>TH</sup>**

AMERICAN CHOP SUEY PASTA REUBEN SANDWICH  
GARLICY BREAD STICKS GERMAN POTATO SALAD  
CEASAR SALAD CHIPS  
ASSORTED PUDDING

**THURSDAY JANUARY 19<sup>TH</sup>**

CHICKEN PICCATA BALONGA & CHEESE SANDWICH  
ORZO PASTA & VEGETABLE MEDLEY WALDORF SALAD  
TOSSED SALAD CHIPS  
FROSTED VANILLA CAKE

**FRIDAY JANUARY 20<sup>TH</sup>**

ASSORTED PIZZA'S TUNA SALAD SANDWICH  
SIDE OF PASTA PASTA SALAD  
TOSSED SALAD CHIPS  
CHOCOLATE BROWNIE PUDDING

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CHOCOLATE, COFFEE, AND STRAWBERRY

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UPPER CAPE COD TECHNICAL SCHOOL  
STUDENT CAFETERIA MENU  
WEEK OF JANUARY 23<sup>RD</sup>-JANUARY 27<sup>TH</sup>

**MONDAY JANUARY 23<sup>RD</sup>**

BARBECUE RIBLET SANDWICH      EGG SALAD SANDWICH  
SWEET POTATO FRIES              TABOULI SALAD  
TOSSED SALAD                      CHIPS  
APPLESAUCE

**TUESDAY JANUARY 24<sup>TH</sup>**

CHICKEN PARMESAN W/BAKED ZITI CHICKEN SALAD SANDWICH  
ITALIAN ZUCCHINI                  COLE SLAW  
GREEK SALAD                        CHIPS  
BREAD PUDDING

**WEDNESDAY JANUARY 25<sup>TH</sup>**

RAVIOLI WITH MARINARA SAUCE ITALIAN R.B. SANDWICH  
GARLICY BREAD STICKS              POTATO SALAD  
CEASAR SALAD                      CHIPS  
ASSORTED JELLO

**THURSDAY JANUARY 26<sup>TH</sup>**

BURRITOS WITH TOPPINGS          GRILLED CHEESE SANDWICH  
SPANISH RICE AND BEANS          SOUTHWESTERN PASTA SALAD  
SANTE FE SALAD                      CHIPS  
LEMON CAKE WITH LEMON CURD SAUCE

**FRIDAY JANUARY 27<sup>TH</sup>**

ASSORTED PIZZA'S                  GREEK GYRO ROLL UP  
SIDE OF PASTA                      ARTICHOKE SALAD  
TOSSED SALAD                        CHIPS  
STRAWBERRY AND CREAM TRIFLE

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CHOCOLATE, COFFEE, AND STRAWBERRY

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