

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
December 2022

Fresh Fruits, Veggies and Milk
served daily!

<p>11/28</p> <p>Sloppy Sloppy Joe on a Roll Baby Carrots with Ranch <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/29</p> <p>Pineapple Teriyaki Meatballs w/ Brown Rice and Broccoli <i>Alt. Grilled Cheese</i></p> <p>Waffles</p>	<p>11/30</p> <p>Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Grilled Cheese</i></p> <p>Pumpkin Bread</p>	<p>12/1</p> <p>Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Grilled Cheese</i></p> <p>Fruit & Yogurt Parf</p>	<p>12/2</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Grilled Cheese</i></p> <p>Apple Cinn Muffin</p>
<p>12/5</p> <p>Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Cheese Burger</i></p> <p>Cinnamon Roll</p>	<p>12/6</p> <p>Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Cheese Burger</i></p> <p>Egg & Chs Croissant</p>	<p>12/7</p> <p>Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Cheese Burger</i></p> <p>Pancakes</p>	<p>12/8</p> <p>BBQ Rib on a Roll w/ Baked Beans <i>Alt. Cheese Burger</i></p> <p>Bagel w/ Crm Chs</p>	<p>12/9</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i></p> <p>Choc Chip Muffin</p>
<p>12/12</p> <p>Macaroni & Cheese w/ Dinner Roll Steamed Carrots <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>12/13</p> <p>Beef & Cheese Nachos Golden Corn <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>12/14</p> <p>Popcorn Chicken and Waffles Oven Baked Fries <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>12/15</p> <p>Cheeseburger w/ Lettuce & Tomato Baked Beans <i>Alt. Chicken Patty</i></p> <p>Fruit & Yogurt Parf</p>	<p>12/16</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>12/19</p> <p>Cheesy Pull Aparts w/ Marinara Dip Cucumber Wheels <i>Alt. Grilled Cheese</i></p> <p>Cinnamon Roll</p>	<p>12/20</p> <p>Holiday Turkey Feast Mashed Potatoes, Gravy, Corn & Roll <i>Alt. Grilled Cheese</i></p> <p>Egg & Chs Croissant</p>	<p>12/21</p> <p>Brunch for Lunch Sausage Egg & Cheese Bagel Hash Browns <i>Alt. Grilled Cheese</i></p> <p>Pancakes</p>	<p>12/22</p> <p>Pizza Day!! Pizza Day!! Baby Carrot w/Ranch <i>Alt. Grilled Cheese</i></p> <p>Bagel w/ Crm Cheese</p>	<p>12/23</p> <p>Cheese Quesadilla Salsa and Zesty Black Beans <i>Alt. Grilled Cheese</i></p> <p>Apple Cinn Muffin</p>
<p>12/26</p> <p>NO SCHOOL</p>	<p>12/27</p> <p>WINTER BREAK</p>	<p>12/28</p> <p>NO SCHOOL</p>	<p>12/29</p> <p>WINTER BREAK</p>	<p>12/30</p> <p>NO SCHOOL</p>

*Menu subject to change without notice. *



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.

Alternate lunches are available daily by request only and include all food group components:

- Yogurt Fun Lunch w/
- A Sunbutter & jelly sandwich
- On whole wheat bread



What does a complete lunch include?
Grain, meat/meat alternate, vegetable, fruit & milk
Students are encouraged to select all 5 components!

Lunch milk choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk

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