

**Breakfast: FREE to ALL Students**  
**Lunch: FREE to ALL Students**  
 Adult Lunch: \$5.00

**Sterling Community School**  
**Breakfast & Lunch Menu**  
**APRIL 2024**

**Fresh Fruits, Veggies**  
**& Milk**  
**served daily!**

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
1. <i>Riblet Sandwich</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter &amp; Jelly</i>	4/1 <b>Bosco Cheese Filled Breadsticks w/ Marinara</b> Broccoli	4/2 <b>Cajun Chicken Taco Salad w/Salsa Tortilla chips, Rice</b> Fiesta Black Beans	4/3 <b>Brunch for Lunch</b> <b>French Toast Sticks, Cheesy Scrambled Egg,</b> Potato Wedges	4/4 <b>Meatball Stroganoff w/ Egg Noodles</b> <b>Dinner Roll</b> Steamed Carrots	4/5 <b>EARLY RELEASE Stuffed Crust Pizza</b> Cucumber Wheels w/Ranch
1. <i>Salad topped w/chicken &amp; biscuit</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter &amp; Jelly</i>	4/8 <b>Baked Penne Mozzarella</b> <b>Garlic Bread Stick</b> Roasted Green Beans	4/9 <b>Hearty Beef &amp; Bean Chili w/ Tortilla Chips &amp; Corn Bread</b> Refried Beans	4/10 <b>Sausage Egg &amp; Cheese on English Muffin</b> Cinnamon Sweet Potato Fries	4/11 <b>Sweet n Sour Popcorn Chicken w/ Veggie Fried Rice</b> Broccoli	4/12 <b>Stuffed Crust Pizza</b>  Corn
	4/15 <b>SPRING BREAK</b>	4/16 <b>SPRING BREAK</b>	4/17 <b>SPRING BREAK</b>	4/18 <b>SPRING BREAK</b>	4/19 <b>SPRING BREAK</b>
1. <i>Grilled Cheese</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter &amp; Jelly</i>	4/22 <b>Cheese Quesadilla w/Salsa</b> Cajun Fries	4/23 <b>Walking Tacos w/Cornbread</b> Fiesta Black Beans	4/24 <b>Spicy or Plain Chicken Patty</b>  Baby Carrots	4/25 <b>Popcorn Chicken Bowl</b> (chicken, mashed potato, topped with Gravy & cheddar cheese) Green Beans	4/26 <b>Stuffed Crust Pizza</b> Romaine Salad

**4/29** - Popcorn Chicken w/Egg Noodles & Broccoli **4/30** - Beef & Cheese Nachos W/ Salsa & Refried Beans **ALT-** Meatball & Cheese Grinder

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*Balanced nutrition throughout the day contributes to student success in and out of the classroom. New research shows children are getting their healthiest meals at school. Studies have demonstrated that school meal programs play an important role in supporting obesity prevention, overall student health and academic achievement by improving children's diets and combating hunger.*

*ALL Breakfast items are 100% whole grain and meet the USDA meal pattern requirements.  
 Each breakfast is served with fruit and milk.*

Breakfast Pizza 4/1	Mini French Toast 4/2	Cinnamon Roll 4/3	Mini Waffles 4/4	Pumpkin Bread 4/5
Breakfast Bar 4/8	Confetti Pancakes 4/9	Crumb Cake 4/10	Glazed Doughnuts 4/11	Chocolate Muffins 4/12
<b>SPRING BREAK</b> 4/15	<b>SPRING BREAK</b> 4/16	<b>SPRING BREAK</b> 4/17	<b>SPRING BREAK</b> 4/18	<b>SPRING BREAK</b> 4/19
Breakfast Bar 4/22	Confetti Pancakes 4/23	Crumb Cake 4/24	Glazed Doughnuts 4/25	Chocolate Muffins 4/26
Breakfast Pizza 4/29	Mini French Toast 4/30	Cinnamon Roll 5/1	Mini Waffles 5/2	Pumpkin Bread 5/3

Cereal offered daily.