

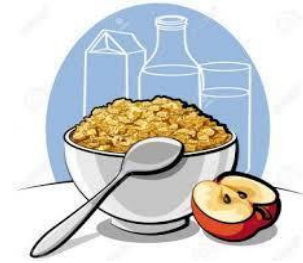
Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
January 2023

Fresh Fruits, Veggies and Milk
served daily!

1/02 NO SCHOOL	1/03 Cheese Quesadilla Salsa and Zesty Black Beans <i>Alt. Cheeseburger</i> Waffles	1/04 Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Cheeseburger</i> Pumpkin Bread	1/05 Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Cheeseburger</i> Yogurt w/ Graham	1/06 Pizza Day!! Pizza Day!! Cucumber Wheels <i>Alt. Cheeseburger</i> Apple Cinn Muffin
1/09 Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Chicken Patty</i> Cinnamon Roll	1/10 Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Chicken Patty</i> Egg & Chs Croissant	1/11 Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Chicken Patty</i> Pancakes	1/12 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Chicken Patty</i> Bagel w/ Crm Chs	1/13 Pizza Day!! Pizza Day!! Garden Salad w/ Italian Dressing <i>Alt. Chicken Patty</i> Choc Chip Muffin
1/16 NO SCHOOL	1/17 Beef & Cheese Nachos w/ Salsa Zesty Refried Beans topped w/ Cheese <i>Alt. Grilled Cheese</i> Waffles	1/18 Popcorn Chicken and Waffles Oven Baked Fries <i>Alt. Grilled Cheese</i> Pumpkin Bread	1/19 Hearty Beef Vegetable Soup served with Dinner Roll <i>Alt. Grilled Cheese</i> Yogurt w/ Graham	1/20 Pizza Day!! Pizza Day!! Garden Salad with Italian Dressing <i>Alt. Grilled Cheese</i> Apple Cinn Muffin
1/23 Cheesy Pull Apart w/ Marinara Dip Cucumber Wheels <i>Alt. Cheeseburger</i> Cinnamon Roll	1/24 Teriyaki Meatballs Brown Rice and Broccoli <i>Alt. Cheeseburger</i> Egg & Chs Croissant	1/25 Brunch for Lunch Sausage Egg & Cheese Bagel Hash Browns <i>Alt. Cheeseburger</i> Pancakes	1/26 Beef Taco Soup topped w/ Cheese Tortilla Chips <i>Alt. Cheeseburger</i> Bagel w/ Crm Cheese	1/27 Pizza Day!! Pizza Day!! Baby Carrots w/ Ranch <i>Alt. Cheeseburger</i> Apple Cinn Muffin
1/30 NO SCHOOL	1/31 Sloppy Sloppy Joe on a Roll Creamy Coleslaw <i>Alt. Chicken Patty</i> Waffles	2/1 Crispy Chicken Patty Waffle Sandwich w/ side of Maple Syrup <i>Alt. Chicken Patty</i> Pumpkin Bread	2/2 Beef and Cheese Tater-Tot Casserole <i>Alt. Chicken Patty</i> Yogurt w/ Graham	2/3 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin

*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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