

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

Sterling Community School
Breakfast & Lunch Menu
December 2023

Fresh Fruits, Veggies
& Milk
served daily!

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
1. <i>Grilled Cheese</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter & Jelly</i>					12/1 Cheese Pizza Garden Salad
1. <i>Meatball & Cheese Wrap</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter & Jelly</i>	12/4 Lasagna Roll-Up Texas Toast Garden Salad	12/5 Rodeo Burger (topped with Cheese, BBQ & Onion rings) Crispy Baked Fries	12/6 Soft Chicken Taco w/Salsa Rlce & Refried Beans Early Dismissal	12/7 BBQ Chicken w/Brown Rice Roasted Carrots Early Dismissal	12/8 Cheese Pizza Cucumber Salad
1. <i>Hamburger</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter & Jelly</i>	12/11 Cheese Quesadilla Corn & Black Bean Salad	12/12 Oven Hot Ranch Chicken wrap w/ Cheese & Bacon Sweet Potato Fries	12/13 Meatball Stroganoff Over Egg Noodles Green Peas	2/14 Sweet & Sour Chicken over Brown Rice Broccoli	12/15 Cheese Pizza Green Bean Salad
1. <i>All Beef Hotdog</i> 2. <i>Yogurt Fun Lunch</i> 3. <i>Sunbutter & Jelly</i>	12/18 Spaghetti Marinara Garlic Texas Toast Broccoli	12/19 Turkey Feast! Mashed Potatoes, Gravy, Corn, Dinner Roll & Cookie	12/20 Chef's Choice	12/21 Chef's Choice	12/22 Cheese Pizza Steamed Carrots Early Dismissal
HAPPY HOLIDAYS	12/25 HOLIDAY BREAK	12/26 HOLIDAY BREAK	12/27 HOLIDAY BREAK	12/28 HOLIDAY BREAK	12/29 HAPPY HOLIDAYS CLOSED 1/1/24

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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 combatting hunger.

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

				12/1 Choc Chip Muffin
12/4 Breakfast Bar	12/5 Mini French Toast	12/6 Cinnamon Roll	12/7 Mini Waffles	12/8 Apple Strudel
12/11 Mini Straw Bagel Bites	12/12 Confetti Pancakes	12/13 Crumb Cake	12/14 Glazed Doughnuts	12/15 Choc Chip Muffins
12/18 Breakfast Bar	12/19 Mini French Toast	12/20 Cinnamon Roll	12/21 Mini Waffles	12/22 Apple Strudel
12/25 HOLIDAY BREAK	12/26 HOLIDAY BREAK	12/27 HOLIDAY BREAK	12/28 HOLIDAY BREAK	12/29 HOLIDAY BREAK Closed 1/1/24