

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

**Sterling Community School**  
**Breakfast & Lunch Menu**  
**October 2023**

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

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Riblet Sandwich</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter &amp; Jelly</i>	10/2 <b>Mozzarella Sticks w/ Marinara Cups</b> Roasted Broccoli	10/3 <b>Hearty Beef Chili</b> Cinnamon Roll Green Beans	10/4 <b>Chicken w/ Ramen Noodles</b> Roasted Carrots	10/5 <b>Cheesy Chicken</b> Smashed Potato, Corn and Gravy Bowl	10/6 <b>Personal Cheese Pizza</b> Baby Carrots w/ Ranch
<i>All Beef Hot Dog</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter &amp; Jelly</i>	10/9 <b>NO SCHOOL</b> <b>National School Lunch Week!</b>	10/10 <b>Beef &amp; Cheese Walking Taco</b> Salsa Zesty Black Beans	10/11 <b>Chicken Tenders Waffles</b> w/ Syrup Sweet Potato Fries	10/12 <b>Sausage Egg &amp; Cheese Bagel Sandwich</b> Crispy Hash Browns	10/13 <b>Personal Cheese Pizza</b> Zesty Green Bean Salad
<i>Grilled Cheese</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter &amp; Jelly</i>	10/16 <b>Breakfast Taco</b> Egg, Cheese & Hashbrown	10/17 <b>All Beef Hot Dog</b> on Whole Grain Bun Baked Beans	10/18 <b>Chicken Patty (Spicy or Plain)</b> w/ Lettuce & Mayo Sweet Potato Fries	10/19 <b>Crispy Chicken Cutlet</b> over Buttery Egg Noodles Green Beans	10/20 <b>PD DAY</b> <b>NO SCHOOL</b>
<i>Meatball &amp; Cheese Wrap</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter &amp; Jelly</i>	10/23 <b>Lasagna Roll Up</b> Garlic Texas Toast Garden Salad	10/24 <b>Rodeo Burger</b> BBQ & Onion Ring Topper Crispy Oven Fries	10/25 <b>Soft Chicken Taco</b> Golden Corn Refried Beans	10/26 <b>BBQ Chicken</b> Brown Rice Steamed Carrots	10/27 <b>Personal Cheese Pizza</b> Cucumber and Tomato Salad
<i>Hamburger</i> <i>Yogurt Fun Lunch</i> <i>Sunbutter &amp; Jelly</i>	10/30 <b>Cheese Quesadilla</b> Brown Rice Refried Beans	10/31 <b>Chicken Bacon Ranch Wrap</b> Sweet Potato Fries	11/1 <b>Meatball Stroganoff</b> over Egg Noodles Green Peas	11/2 <b>Sweet &amp; Sour Chicken</b> over Rice Steamed Broccoli	11/3 <b>Personal Cheese Pizza</b> Zesty Green Bean Salad

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

**Sterling Community School**  
**Breakfast & Lunch Menu**  
**October 2023**

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

**NATIONAL SCHOOL LUNCH WEEK**

**During the 2nd full week in October, National School Lunch Week shines the spotlight on the programs and nutritious food served up every day throughout the school year.**

**Since 1946, national school lunch programs have been available. While many areas may have offered school lunches before that time, other areas found it difficult to find the funds and resources to support such a program.**

*ALL Breakfast items are 100% whole grain and meet the USDA meal pattern requirements.*

*Each breakfast is served with fruit and milk.*

10/2 Mini Straw Bagel Bites	10/3 Confetti Pancakes	10/4 Crumb Cake	10/5 Glazed Doughnut	10/6 Choc Chip Muffin
10/9 No School	10/10 Mini French Toast	10/11 Cinnamon Roll	10/12 Mini Waffles	10/13 Apple Strudel
10/16 Mini Straw Bagel Bites	10/17 Confetti Pancakes	10/18 Crumb Cake	10/19 Glazed Doughnuts	10/20 Choc Chip Muffins
10/23 Breakfast Bar	10/24 Mini French Toast	10/25 Cinnamon Roll	10/26 Mini Waffles	10/27 Apple Strudel
10/30 Mini Straw Bagel Bites	10/31 Confetti Pancakes	11/1 Crumb Cake	11/2 Glazed Doughnut	11/3 Choc Chip Muffin