

Breakfast and Lunch are currently available to ALL students for FREE

**Sterling Community School**  
Breakfast & Lunch Menu  
**JAN 2022**

FRESH FRUITS AND VEGGIES  
SERVED EVERY DAY!

1/3 <b>Toasted Cheese Sandwich</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal	1/4 <b>BBQ Chicken w/ Brown Rice</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Chocolate Chip Muffin	1/5 <b>Meatball &amp; Cheese Grinder</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Pastry	1/6 <b>French Toast w/ Sausage</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cinnamon Roll	1/7 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal
1/10 <b>Crispy Chicken Patty On a Roll</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal	1/11 <b>Cheeseburger On a Roll</b> Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Chocolate Chip Muffin	1/12 <b>Turkey and Cheese Sandwich</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Pastry	1/13 <b>Tex Mex Rice Bowl</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cinnamon Roll	1/14 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal
1/17 <b>NO SCHOOL</b>	1/18 <b>BBQ Chicken Sandwich</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Choc. Chip Muffin	1/19 <b>Shepard's Pie</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Pastry	1/20 <b>Sausage Egg &amp; Cheese Bagel</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cinnamon Roll	1/21 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal
1/24 <b>Sloppy Joe on a Roll</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal	1/25 <b>Teriyaki Chicken Rice Bowl</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Choc. Chip Muffin	1/26 <b>Crispy Chicken Patty On Roll</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Pastry	1/27 <b>Beef, Bean and Cheese Nachos</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cinnamon Roll	1/28 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal
1/31 <b>Toasted Cheese Sandwich</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal	2/1 <b>BBQ Chicken w/ Brown Rice</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Choc. Chip Muffin	2/2 <b>Meatball and Cheese Grinder</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Pastry	2/3 <b>French Toast w/ Sausage</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cinnamon Roll	2/4 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly  Breakfast: Cereal

\*Menu subject to change without notice. \*\* Grab&Go Meals may vary from printed menu

## Child Nutrition Update

Please be advised that menus are subject to change without notice. However, we will communicate any changes whenever possible. Driver and food and supply shortages are nationwide, and our districts are no exception. We are experiencing shortages, quality, and consistency issues, last-minute replacements, late or delayed deliveries, or no delivery at all. Along with having to contend with an extremely broken supply chain, we are operating with severe staffing constraints in many of our kitchens. Though we are actively hiring, many are brand new to child nutrition and need training, which is difficult when short-staffed.

Though we are all eager to return to pre-covid operations, unfortunately, this is our current reality, making kindness and positivity even more valuable than ever. Please know that we are doing the best we can under the circumstances and remain grateful to provide meals safely to our students every day. Your patience and understanding are greatly appreciated as we continue to navigate our way through these uncertain times.

With appreciation,

*Heather*

## Breakfast



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



## Lunch

### What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk  
Students are encouraged to select all 5 components!

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

- A Sunbutter & jelly sandwich  
On whole wheat bread



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



**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

*This is an equal opportunity institution.*