

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
February 2023

Fresh Fruits, Veggies and Milk served daily!

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/ SP Fries Maple Syrup <i>Alt. Chicken Patty</i> Pumpkin Bread	2/2 Beef and Cheese Tater-Tot Casserole Dinner Roll <i>Alt. Chicken Patty</i> Yogurt w/ Graham	2/3 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin
2/6 Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Hamburger</i> Cinnamon Roll	2/7 Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Hamburger</i> Egg & Chs Croissant	2/8 Brunch For Lunch French Toast, Egg or Sausage Patty & Hash Browns <i>Alt. Hamburger</i> Pancakes	2/9 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Hamburger</i> Bagel w/ Crm Chs	2/10 Pizza Day!! Pizza Day!! Garden Salad w/ Dressing <i>Alt. Hamburger</i> Choc Chip Muffin
2/13 Cheesy Pull- a-Part w/ Marinara Dip Garden Salad w/ Ranch <i>Alt. Grilled Cheese</i> Apple Roll	2/14 Beef & Cheese Nachos w/ Salsa Zesty Refried Beans topped w/ Cheese <i>Alt. Grilled Cheese</i> Waffles	2/15 Popcorn Chicken and Waffles Oven Baked Sweet Potato Fries <i>Alt. Grilled Cheese</i> Pumpkin Bread	2/16 Hearty Beef Vegetable Soup served with Dinner Roll <i>Alt. Grilled Cheese</i> Yogurt w/ Grahams	2/17 Pizza Day!! Pizza Day!! Garden Salad with Italian Dressing <i>Alt. Grilled Cheese</i> Apple Cinn Muffin
2/20 NO SCHOOL	2/21 NO SCHOOL	2/22 Brunch for Lunch Saus Egg & Cheese Bagel Hash Browns <i>Alt. Chicken Patty</i> Pancakes	2/23 Beef Taco Soup topped w/ Cheese Tortilla Chips <i>Alt. Chicken Patty</i> Bagel w/ Crm Cheese	2/24 Pizza Day!! Pizza Day!! Baby Carrots & Cucumber Slices <i>Alt. Chicken Patty</i> Choc Chip Muffin
2/27 Cheese Quesadilla Salsa and Sour Cream Zesty Black Beans <i>Alt. Hamburger</i> Apple Roll	2/28 Teriyaki Meatballs over Brown Rice Steamed Broccoli <i>Alt. Hamburger</i> Waffles	3/1 Crispy Chicken Patty Waffle Sandwich w/ SP Fries Syrup <i>Alt. Hamburger</i> Pumpkin Bread	3/2 Chicken Pot Pie Smashed Potato Crust & a Roll <i>Alt. Hamburger</i> Yogurt w/ Grahams	3/3 Pizza Day!! Pizza Day!! Garden Salad w/ Dressing <i>Alt. Hamburger</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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