

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
May 2022

Fresh Fruits and Veggies served Every Day!

5/2	5/3	5/4	5/5	5/6
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	French Toast w/ Sausage Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	!!Cinco De Mayo!! Beef & Chs Nachos Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	<i>School Lunch Hero Day!!</i> Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
5/9	5/10	5/11	5/12	5/13
Crispy Chicken Patty on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Cheese Burger on a Roll Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Turkey and Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Sausage, Egg & Ch on a Bagel Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
5/16	5/17	5/18	5/19	5/20
Cheese Quesadilla w/ Salsa Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Zesty Orange Chicken with Brown Rice Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Crispy Chicken & Waffles Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Baked Macaroni & Cheese w/ Roll Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
5/23	5/24	5/25	5/26	5/27
Crispy Chicken Patty On a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	American Chop Suey with Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Sausage, Egg & Ch on a Bagel Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Turkey and Cheese on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	NO SCHOOL
5/30	5/31	6/1	6/2	6/3
NO SCHOOL	Cheese Burger on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	French Toast w/ Sausage Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Beef & Bean Chili w/ Cinnamon Bun Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly

If your student or any other child in your care is 18 years or younger that is in need of meals due to being out of school please contact hplourde@eastconn.org to arrange meal pick up.

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

FOOD NEWS!



Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.

School Lunch Hero Day is celebrated on the first Friday in May! This is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria. School Lunch Hero Day provides an

opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America's students each school day.

Breakfast



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

- Monday - Assorted Cereal
- Tuesday - Chocolate Chip Muffin
- Wednesday - Breakfast Pastry
- Thursday - Cinnamon Roll
- Friday - Assorted Cereal

*Menu is subject to change without notice.



Lunch

What does a complete 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 milk 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.

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