

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

**Sterling Community School**  
**Breakfast & Lunch Menu**  
**January 2024**

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

Weekly Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
1. Riblet Sandwich 2. Yogurt Fun Lunch 3. Sunbutter & Jelly	<b>CLOSED</b> <sup>1/1</sup>	<b>Grilled Cheese</b> <sup>1/2</sup> Broccoli	<b>Chicken Ramen w/ WG Noodles</b> <sup>1/3</sup> Teriyaki Roasted Carrots	<b>Popcorn Chicken Bowl w/ Mashed Potatoes &amp; Corn Texas Toast</b> <sup>1/4</sup>	<b>Personal Cheese Pizza</b> <sup>1/5</sup> Roasted Chickpeas
1. All Beef Hot Dog 2. Yogurt Fun Lunch 3. Sunbutter & Jelly	<b>Mac &amp; Cheese</b> <sup>1/8</sup> Dinner Roll Broccoli	<b>Walking Beef &amp; Cheese Tacos w/Salsa</b> <sup>1/9</sup> Refried beans	<b>Chicken Tenders w/ WG Waffles</b> <sup>1/10</sup> Sweet Potato Fries	<b>Sausage, Egg, Cheese on WG English Muffin</b> <sup>1/11</sup> Hash Browns	<b>Personal Cheese Pizza</b> <sup>1/12</sup> Cucumber Wheels & Ranch Dressing
1. Grilled Cheese 2. Yogurt Fun Lunch 3. Sunbutter & Jelly	<b>CLOSED</b> <sup>1/15</sup>	<b>All Beef Hot Dog</b> <sup>1/16</sup> BBQ Baked Beans	<b>Spicy OR Plain Chicken Patty Sandwich</b> <sup>1/17</sup> Sweet Potato Fries	<b>Rodeo Burger (BBQ Sauce, Cheese &amp; Onion Rings)</b> <sup>1/18</sup> Oven Baked Fries	<b>Personal Cheese Pizza</b> <sup>1/19</sup> Green Beans
1. Meatball & Cheese Grinder 2. Yogurt Fun Lunch 3. Sunbutter & Jelly	<b>Bosco Sticks w/ Marinara cup</b> <sup>1/22</sup> Broccoli	<b>Chicken Cutlet, Buttery WG Egg Noodles</b> <sup>1/23</sup> Sweet Green Peas	<b>Soft Chicken Taco</b> <sup>1/24</sup> Spiced Rice & Beans	<b>Personal Cheese Pizza</b> <sup>1/25</sup> Cucumber & Tomato Salad	<b>CLOSED</b> <sup>1/26</sup>
1. Hamburger 2. Yogurt Fun Lunch 3. Sunbutter & Jelly	<b>Cheese Quesadilla</b> <sup>1/29</sup> Cheesy Refried Beans & Corn	<b>Hot Ranch Chicken w/ Chicken Bacon &amp; Cheese Grinder</b> <sup>1/30</sup> Romaine Salad	<b>French Toast Egg or Sausage</b> <sup>1/31</sup> Hash browns	<b>Sweet And Sour Popcorn Chicken , Brown Rice</b> <sup>2/1</sup> Buttery Green Beans	<b>Personal cheese Pizza</b> <sup>2/2</sup> Baby carrots

*This is an equal opportunity institution.*

**\*MENU SUBJECT TO CHANGE WITHOUT NOTICE\***

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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.*

Closed	1/1	Confetti Pancakes	1/2	Crumb Cake	1/3	Glazed Doughnuts	1/4	Choc Chip Muffin	1/5
Breakfast Bar	1/8	Mini French Toast	1/9	Cinnamon Roll	1/10	Mini Waffles	1/11	Pumpkin Bread	1/12
Closed	1/15	Confetti Pancakes	1/16	Crumb Cake	1/17	Glazed Doughnuts	1/18	Choc Chip Muffins	1/19
Breakfast Bar	1/22	Mini French Toast	1/23	Cinnamon Roll	1/24	Mini Waffles	1/25	CLOSED	1/26
Mini Straw Bagel Bites	1/29	Confetti Pancakes	1/30	Crumb Cake	1/31	Glazed Doughnuts	2/1	Choc Chip Muffins	2/2