

Breakfast and Lunch are currently available to ALL students for FREE

**Sterling Community School**  
Breakfast & Lunch Menu  
**Oct 2021**

Fresh Fruits and Veggies served Every Day!

9/27	9/28	9/29	9/30	10/1
<b>Turkey, Bologna, Salami Ch. on a Bun</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	<b>Beef &amp; Cheese Nachos</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Chocolate Chip Muffin	<b>Crispy Chicken Patty Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	<b>Grilled Cheese Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	<b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
<b>Turkey, Ham, Cheese on Croissant</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	<b>10/4</b> <b>Mini French Toast W/ Yogurt</b> Fresh Fruits & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Chocolate Chip Muffin	<b>10/5</b> <b>Hamburger On a Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	<b>10/6</b> <b>Chef's Choice</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	<b>10/7</b> <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
<b>10/11</b> <b>NO School</b>	<b>10/12</b> <b>Chicken Tenders &amp; Mini Waffles</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Choc. Chip Muffin	<b>10/13</b> <b>Meatball &amp; Cheese Grinder</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	<b>10/14</b> <b>Chef's Choice</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	<b>10/15</b> <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
<b>10/18</b> <b>Turkey, Bologna, Salami Ch. on a Bun</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	<b>10/19</b> <b>Taco Tuesday!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Choc. Chip Muffin	<b>10/20</b> <b>Crispy Chicken Patty On a Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	<b>10/21</b> <b>Chef's Choice</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	<b>10/22</b> <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal
<b>10/25</b> <b>Turkey &amp; Cheese Any Timer Lunchable</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal	<b>10/26</b> <b>Crispy Chicken Patty on WG Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Choc. Chip Muffin	<b>10/27</b> <b>Hamburger on a Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Pastry	<b>10/28</b> <b>Chef's Choice</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cinnamon Roll	<b>10/29</b> <b>Pizza Day!!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i>  Breakfast: Cereal

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

# FOOD NEWS!

## 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



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

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## Lunch

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### What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

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**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**

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*This is an equal opportunity institution.*

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