

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
Nov 2021

Fresh Fruits and Veggies served Every Day!

11/1	11/2	11/3	11/4	11/5
Chicken Tenders Dinner Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	Chef's Choice Fresh Fruits & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Chocolate Chip Muffin	Baked Mac & Cheese w/ Chicken Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Pastry	Beef & Bean Chili w/ Cheese & Chips Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal
Chicken Salad w/ Dinner Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	Tex Mex Rice Bowl Fresh Fruits & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Chocolate Chip Muffin	Cheeseburger On a Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Pastry	NO SCHOOL	NO SCHOOL
Grilled Cheese Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	BBQ Chicken Nachos Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	Shepard's Pie Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Pastry	Sausage Egg & Cheese Bagel Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal
Sloppy Joe on a Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	Turkey Dinner Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	NO SCHOOL	NO SCHOOL	NO SCHOOL
Cheese Quesadilla Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	Cheeseburger On a Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	Chicken Teriyaki Rice Bowl Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Pastry	Turkey & Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	Pizza Day!!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & 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



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**

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This is an equal opportunity institution.

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