

Breakfast and Lunch are currently available to ALL students for FREE

**Sterling Community School**  
Breakfast & Lunch Menu  
March 2022

**Fresh Fruits and Veggies served Every Day!**

|  |   |   |  |   |
|--|---|---|--|---|
| 2/28   | 3/1   | 3/2   | 3/3  | 3/4   |
| <b>Toasted Cheese Sandwich</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly              | <b>BBQ Chicken w/ Brown Rice</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly | <b>Meatball &amp; Cheese Grinder</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly     | <b>French Toast w/ Sausage</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly                | <b>Pizza Day!!<br/>Pizza Day!!</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly |
| 3/7  | 3/8   | 3/9   | 3/10   | 3/11  |
| <b>Crispy Chicken Patty On a Roll</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly       | <b>Cheeseburger On a Roll</b><br>Fresh Fruits & Veggies<br>Milk<br>Alt. Sunbutter & Jelly   | <b>Turkey and Cheese Sandwich</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly        | <b>Tex Mex Rice Bowl</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly                      | <b>Pizza Day!!<br/>Pizza Day!!</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly |
| 3/14   | 3/15  | 3/16  | 3/17   | 3/18  |
| No School  | <b>BBQ Chicken Sandwich</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly      | <b>Spaghetti &amp; Meat Sauce w/Roll</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly | <b>Luck of the Irish Shepherd Pie w/ Roll</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly | <b>Pizza Day!!<br/>Pizza Day!!</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly |
| 3/21   | 3/22  | 3/23  | 3/24   | 3/25  |
| <b>Sausage, Egg &amp; Cheese On a Bagel</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly | <b>Beef &amp; Cheese Nachos</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly  | <b>Crispy Chicken Patty on Roll</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly      | <b>Turkey &amp; Cheese Sandwich</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly           | <b>Pizza Day!!<br/>Pizza Day!!</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly |
| 3/28   | 3/29  | 3/30  | 3/31   | 4/1   |
| <b>Toasted Cheese Sandwich</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly              | <b>BBQ Chicken w/ Brown Rice</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly | <b>Meatball and Cheese Grinder</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly       | <b>French Toast w/ Sausage</b><br>Fresh Fruit & Veggies<br>Milk<br>Alt. Sunbutter & Jelly                | <b>Pizza Day!!<br/>Pizza Day!!</b><br>Fresh Fruit & Veggies<br>Milk<br>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](mailto:hplourde@eastconn.org) to arrange meal pick up.

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

# FOOD NEWS!



National School Breakfast Week (NSBW March 7 - 11) celebrates the importance of a nutritious school breakfast in fueling students for success. This year's theme, "Take Off with School Breakfast," reminds parents and stakeholders that a healthy school breakfast helps ensure students' academic success in school so they can "take off" and reach their goals.

In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast! Schools across the country will find ways to safely celebrate NSBW in 2022 with special menu items, events and fun activities designed for all students—whether they are learning at home or in school. NSBW is the perfect time to bring attention to your current breakfast program and educate parents on the options available.

Studies show that children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

## 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!

Lunch milk choices include: Fat Free or 1%  
Regular Milk and fat-free chocolate milk

Alternate lunches are available daily by request only and include all food group components:

A Sunbutter & jelly sandwich  
On whole wheat bread

**MENU SUBJECT TO CHANGE BASED ON  
PRODUCT AVAILABILITY**

*This is an equal opportunity institution.*

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