

Breakfast and Lunch are currently available to ALL students for FREE

STERLING
Breakfast & Lunch Menu
Aug/Sept 2022

Fresh Fruits and Veggies served
Every Day!

<p>Daily Alternates</p> <p>Yogurt Fun Lunch PB or SB & Jelly Sands Weekly Hot Alt</p>		8/24	8/25	8/26
<p>8/29</p> <p>Cheesy Pull Aparts w/ Marinara Dip Garden Salad <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>8/30</p> <p>Cheese Burger w/ Lettuce & Tomato Baked Beans <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>8/31</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>9/1</p> <p>Macaroni & Cheese Texas Toast & Steamed Carrots <i>Alt. Chicken Patty</i></p> <p>Fruit & Yogurt Parf</p>	<p>9/2</p> <p>Pizza Day!! Pizza Day!! Zesty Broccoli Salad <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>9/5</p> <p>No School</p> <p>Labor Day</p>	<p>9/6</p> <p>BBQ Chicken Flatbread w/ Steamed Broccoli</p> <p><i>Alt. Cheese Burger</i></p> <p>Egg & Ch Croissant</p>	<p>9/7</p> <p>Sausage, Egg & Cheese Bagel Sweet Potato Fries <i>Alt. Cheese Burger</i></p> <p>French Toast</p>	<p>9/8</p> <p>Beef & Cheese Nachos w/ Salsa Refried Beans <i>Alt. Cheese Burger</i></p> <p>Bagel & Crm Cheese</p>	<p>9/9</p> <p>Pizza Pizza!! Tomato Cucumber Salad <i>Alt. Cheese Burger</i></p> <p>Choc. chip muffin</p>
<p>9/12</p> <p>Cheese Ravioli w/ Meat Sauce, Garlic Bread & Green Beans <i>Alt. Gr. Turkey & Cheese</i></p> <p>Apple Roll</p>	<p>9/13</p> <p>Chicken Teriyaki Rice Bowl w/ Black Beans <i>Alt. Gr. Turkey & Cheese</i></p> <p>Waffles</p>	<p>9/14</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Gr. Turkey & Cheese</i></p> <p>Pumpkin Bread</p>	<p>9/15</p> <p>Crispy Chicken Patty on a Roll w/ Baked Beans <i>Alt. Gr. Turkey & Cheese</i></p> <p>Fruit & Yogurt Parf</p>	<p>9/16</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Gr. Turkey & Cheese</i></p> <p>Apple Cinn Muffin</p>
<p>9/19</p> <p>Rainbow Rice Bowl w/ Chicken Steamed Broccoli <i>Alt. BBQ Rib Sandwich</i></p> <p>Cinnamon Roll</p>	<p>9/20</p> <p>Macaroni & Cheese Dinner Roll & Steamed Carrots <i>Alt. BBQ Rib Sandwich</i></p> <p>Egg & Ch croissant</p>	<p>9/21</p> <p>Popcorn Chicken & Waffles Oven Baked Fries <i>Alt. BBQ Rib Sandwich</i></p> <p>French Toast</p>	<p>9/22</p> <p>Beef & Cheese Taco Salad Zesty Black Beans <i>Alt. BBQ Rib Sandwich</i></p> <p>Bagel & Crm Cheese</p>	<p>9/23</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. BBQ Rib Sandwich</i></p> <p>Chocolate chip muffin</p>
<p>9/26</p> <p>Pasta & Meatballs Texas Toast & Steamed Green Beans <i>Alt. Chicken Patty</i> Apple Roll</p>	<p>9/27</p> <p>Sloppy Sloppy Joe on a Roll Steamed Carrots <i>Alt. Chicken Patty</i> Waffles</p>	<p>9/28</p> <p>Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i> Pumpkin Bread</p>	<p>9/29</p> <p>Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Chicken Patty</i> Fruit & yogurt parfait</p>	<p>9/30</p> <p>Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple cinn muffin</p>

*Menu subject to change without notice. *

FOOD NEWS!



Breakfast



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



**Alternate Cereal Breakfast
Available Everyday**

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

Yogurt Fun Lunch w/
A Sunbutter & jelly sandwich
On whole wheat bread

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