

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
April 2022

Fresh Fruits and Veggies served Every Day!

4/4	4/5	4/6	4/7	4/8
Crispy Chicken Patty On a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Cheese Burger On a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Spaghetti & Meatball Marinara w/ Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	French Toast w/ Sausage Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
4/11	4/12	4/13	4/14	4/15
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	BBQ Chicken Nachos Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Turkey and Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	NO SCHOOL
4/18	4/19	4/20	4/21	4/22
VACATION	VACATION	VACATION	VACATION	VACATION
4/25	4/26	4/27	4/28	4/29
Crispy Chicken Patty On a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Sausage, Egg & Ch on a Bagel Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Turkey and Cheese on Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Cheese Burger on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
5/2	5/3	5/4	5/5	5/6
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	French Toast w/ Sausage Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	!!Cinco De Mayo!! Beef & Chs Nachos Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk 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 to arrange meal pick up.

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

FOOD NEWS!

Celebrate spring! Look for these seasonal ingredients showing up in your local market or garden—asparagus, peas, rhubarb, and even fiddleheads and dandelion blossoms. Here’s a fun recipe to greet spring in a delightful and delicious way!

Asparagus Hummus Served With Pita Chips

A springtime twist on hummus, this Asparagus Hummus recipe combines a lovely grass-green dip.

Ingredients

- 2 cups fresh asparagus, cut into 1-inch pieces
- 1 can (15.5 ounces) chickpeas or garbanzo beans, drained and rinsed
- 2 cloves garlic, minced
- 2 tablespoons tahini
- 1 tablespoon grated lemon zest
- 2 tablespoons fresh lemon juice
- 1/3 cup extra-virgin olive oil
- kosher or sea salt and freshly ground white pepper

Instructions

- Blanch asparagus by plunging into a large pot of boiling water for about 4 minutes, or until crisp-tender. Transfer asparagus to a bowl of ice water to stop cooking. Drain and set on paper towels to dry.
- In a blender or food processor, add chickpeas, garlic, and tahini, and puree. Add lemon zest, lemon juice, and asparagus, and process until smooth. With machine running, pour in oil and process until well combined. Season with salt and pepper. Serve with pita chips.

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

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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

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This is an equal opportunity institution.

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