

Breakfast and Lunch are currently available to ALL students for FREE

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

**Fresh Fruits, Veggies and Milk**  
served daily!

<p>10/31</p> <p><b>Pasta &amp; Meatballs</b> <b>Texas Toast &amp; Steamed Green Beans</b> <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>11/1</p> <p><b>Sloppy Sloppy Joe on a Roll</b> <b>Steamed Carrots</b> <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>11/2</p> <p><b>Brunch For Lunch</b> <b>French Toast, Sausage &amp; Hash Browns</b> <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>11/3</p> <p><b>Chicken &amp; Smashed Potato Bowl</b> <b>Golden Corn</b> <i>Alt. Chicken Patty</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>11/4</p> <p><b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>11/7</p> <p><b>Cheese Quesadilla</b> <b>Zesty Salsa &amp; Sour Cream Refried Beans</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/8</p> <p>NO SCHOOL</p>	<p>11/9</p> <p><b>Sausage, Egg &amp; Cheese Bagel</b> <b>Sweet Potato Fries</b> <i>Alt. Grilled Cheese</i></p> <p>French Toast</p>	<p>11/10</p> <p><b>Turkey Feast!!</b> <b>Mashed Potatoes, Gravy, Corn &amp; Roll</b> <b>Cranberry Jelly</b> <i>Alt. Grilled Cheese</i></p> <p>Bagel w/ Crm Chs.</p>	<p>11/11</p> <p>NO SCHOOL</p>
<p>11/14</p> <p><b>Cheese Ravioli w/ Meatballs Marinara</b> <b>Garlic Bread &amp; Green Beans</b> <i>Alt. Cheese Burger</i></p> <p>Apple Roll</p>	<p>11/15</p> <p><b>Tangy Chicken Teriyaki</b> <b>Rice Bowl w/ Broccoli</b> <i>Alt. Cheese Burger</i></p> <p>Waffles</p>	<p>11/16</p> <p><b>Brunch For Lunch</b> <b>French Toast, Egg or Sausage Patty &amp; Hash Browns</b> <i>Alt. Cheese Burger</i></p> <p>Pumpkin Bread</p>	<p>11/17</p> <p><b>BBQ Rib on a Roll</b> <b>w/ Baked Beans</b> <i>Alt. Cheese Burger</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>11/18</p> <p><b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Cheese Burger</i></p> <p>Apple Cinn Muffin</p>
<p>11/21</p> <p><b>Popcorn Chicken &amp; Waffles</b> <b>Oven Baked Fries</b> <i>Alt. Chicken Patty</i></p> <p>Cinnamon Roll</p>	<p>11/22</p> <p><b>Macaroni &amp; Cheese Dinner Roll</b> <b>Steamed Carrots</b> <i>Alt. Chicken Patty</i></p> <p>Egg &amp; Cheese Croissant</p>	<p>11/23</p> <p><b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Zesty Broccoli Salad</b> <i>Alt. Chicken Patty</i></p> <p>French Toast</p>	<p>11/24</p> <p></p>	<p>11/25</p> <p></p>
<p>11/28</p> <p><b>Sloppy Sloppy Joe on a Roll</b> <b>Baby Carrots with Ranch</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/29</p> <p><b>Pineapple Teriyaki</b> <b>Meatballs w/ Brown Rice and Broccoli</b> <i>Alt. Grilled Cheese</i></p> <p>Waffles</p>	<p>11/30</p> <p><b>Brunch For Lunch</b> <b>Pancakes, Sausage &amp; Hash Browns</b> <i>Alt. Grilled Cheese</i></p> <p>Pumpkin Bread</p>	<p>12/1</p> <p><b>Chicken &amp; Smashed Potato Bowl</b> <b>Sweet Corn Niblets</b> <i>Alt. Grilled Cheese</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>12/2</p> <p><b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Cinn Muffin</p>

\*Menu subject to change without notice. \*

# Breakfast



# Lunch



**Alternate Cereal Breakfast  
Available Everyday**

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

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

What does a complete lunch include?  
Grain, meat/meat alternate, vegetable, fruit & milk  
Students are encouraged to select all 5 components!

***This is an equal opportunity institution.***

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