

Breakfast and lunch are currently available to ALL students for FREE.

Sterling Community School
Breakfast & Lunch Menu
October 2022

Fresh Fruits and Veggies served Every Day!

10/3 Cheese Quesadilla Zesty Salsa Refried Beans <i>Alt. Cheese Burger</i> Apple Roll	10/4 Pineapple Teriyaki Meatballs w/ Rice Steamed Carrots <i>Alt. Cheese Burger</i> Waffles	10/5 Mini Corn Dogs Green Beans <i>Alt. Cheese Burger</i> Pumpkin Bread	10/6 Chix Penne Alfredo Texas Toast & Steamed Broccoli <i>Alt. Cheese Burger</i> Fruit & Yogurt Parf	10/7 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i> Apple Cinn Muffin
10/10 NO SCHOOL	10/11 BBQ Chicken Flatbread w/ Steamed Broccoli <i>Alt. Chicken Patty</i> Egg & Chs Croissant	10/12 Sausage, Egg & Cheese Bagel Sweet Potato Fries <i>Alt. Chicken Patty</i> French Toast	10/13 Beef & Cheese Nachos w/ Salsa Refried Beans <i>Alt. Chicken Patty</i> Bagel w/ Crm Chs.	10/14 Pizza Pizza!! Tomato Cucumber Salad <i>Alt. Chicken Patty</i> Choc. Chip Muffin
10/17 Cheese Ravioli w/ Meat Sauce, Garlic Bread & Green Beans <i>Alt. Gr. Turkey & Ch</i> Apple Roll	10/18 Chicken Teriyaki Rice Bowl w/ Broccoli <i>Alt.Gr.Turkey & Che</i> Waffles	10/19 Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Gr.Turkey & Ch</i> Pumpkin Bread	10/20 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Gr.Turkey & Ch</i> Fruit & Yogurt Parf	10/21 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Gr.Turkey & Ch</i> Apple Cinn Muffin
10/24 Rainbow Rice Bowl w/ Chicken Steamed Broccoli <i>Alt. Cheese Burger</i> Cinnamon Roll	10/25 Macaroni & Cheese Dinner Roll & Steamed Carrots <i>Alt. Cheese Burger</i> Egg & Chs Croissant	10/26 Popcorn Chicken & Waffles Oven Baked Fries <i>Alt. Cheese Burger</i> French Toast	10/27 Beef & Cheese Taco Salad Zesty Black Beans <i>Alt. Cheese Burger</i> Bagel w/ Crm Chs.	10/28 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i> Choc Chip Muffin
10/31 Pasta & Meatballs Texas Toast & Steamed Green Beans <i>Alt. Chicken Patty</i> Apple Roll	Sloppy Sloppy Joe on a Roll Steamed Carrots <i>Alt. Chicken Patty</i> Waffles	Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i> Pumpkin Bread	Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Chicken Patty</i> Fruit & Yogurt Parf	Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin

*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**

Lunch

What does a complete 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:

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

This is an equal opportunity institution