

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu

Fresh Fruits and Veggies served
Every Day!

February 2022

1/31	2/1	2/2	2/3	2/4
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Meatball & Cheese Grinder Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	French Toast w/ Sausage Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
2/7	2/8	2/9	2/10	2/11
Crispy Chicken Patty On a Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Cheeseburger On a Roll Fresh Fruits & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Turkey and Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Tex Mex Rice Bowl Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>
2/14	2/15	2/16	2/17	12/18
Let's TACO about how awesome you are! Chicken Walking Taco Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	BBQ Chicken Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Shepard's Pie Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Sausage Egg & Cheese Bagel Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	No School
2/21	2/22	2/23	2/24	2/25
No School	No School	Crispy Chicken Patty on Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i>	Beef, Bean and Cheese Nachos Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
2/28	3/1	3/2	3/3	3/4
Toasted Cheese Sandwich Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	BBQ Chicken w/ Brown Rice Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Meatball and Cheese Grinder 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

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!

Please be advised that menus are subject to change without notice. However, we will communicate any changes whenever possible. Driver and food and supply shortages are improving but still an issue nationwide, and our districts are no exception. We continue to experience shortages, quality, and consistency issues, last-minute replacements, late or delayed deliveries, or no delivery at all. Along with having to contend with an extremely broken supply chain, we are operating with severe staffing constraints in many of our kitchens.

We are all eager to return to pre-covid operations, and remain optimistic that the spring will provide some normalcy. However, this is our current reality, and kindness and positivity continue to be more valuable than ever. Please know that we are doing the best we can under the circumstances and remain grateful to provide meals safely to our students every day. Your patience and understanding are greatly appreciated as we continue to navigate our way through these uncertain times.

With appreciation,

Heather

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

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.