

Breakfast and Lunch are currently available to ALL students for FREE

Sterling Community School
Breakfast & Lunch Menu
June 2022

Fresh Fruits and Veggies served Every Day!

5/30	5/31	6/1	6/2	6/3
NO SCHOOL	Cheese Burger on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	French Toast w/ Sausage Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Beef & Bean Chili w/ Cinnamon Bun Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
6/6	6/7	6/8	6/9	6/10
Crispy Chicken Patty on a Roll Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Baked Macaroni and Cheese Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Chef's Choice Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Sausage, Egg & Ch on a Bagel Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly
6/13	6/14	6/15	6/16	6/17
Cheese Quesadilla w/ Salsa Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly SES	Chef's Choice Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Chef's Choice Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Chef's Choice Fresh Fruits & Veggies Milk Alt. Sunbutter & Jelly	Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk Alt. Sunbutter & Jelly

SANDWICHES • VEGETABLES • FRUITS • MILK

FREE SUMMER MEALS

KIDS and TEENS 18 and Under

For sites near you visit:
www.CTSummerMeals.org
CALL 211
TEXT CTMEALS TO 877877

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
Right image courtesy of No Kid Hungry.

EHC! USDA Connecticut Dairy CSDE ACME nourishing neighbors

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!

The ACTION Line is available for individuals 18 years of age or older who are experiencing emotional distress or a mental health and/or substance use/addiction crises.



1-800-467-3135

The ACTION line is a centralized phone number answered by 2-1-1 staff trained to offer an array of supports and options to individuals in distress, including: telephonic support, referrals and information about community resources and services; warm-transfer to the Mobile Crisis Team (MCT) of their area; and when necessary, direct connection to 911.

Juneteenth is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name “Juneteenth” references the date of the holiday, combining the words “June” and “nineteenth.”



Breakfast



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



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

- Monday - Assorted Cereal
- Tuesday - Chocolate Chip Muffin
- Wednesday - Breakfast Pastry
- Thursday - Cinnamon Roll
- Friday - Assorted Cereal

*Menu is subject to change without notice.

Alternate lunches are available daily by request only and include all food group components:
A Sunbutter & jelly sandwich
On whole wheat bread

This is an equal opportunity institution.

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