

November 2019 Menu

				11/1 Nat'l Calzone Day Cheese Calzone Marinara Sauce Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i>
11/4 Walking Beef Taco Lettuce, Cheese & Salsa Cheesy Refried Bean Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/5 No School Election Day Teacher PD	11/6 Zesty Orange Chicken Steamed Broccoli Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/7 Pancakes w/ Syrup Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/8 Veteran's Celebration! Oven Rstd Turkey w/ Gravy, Smashed Potatoes, Corn & Roll Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>
11/11 No School Veteran's Day	11/12 Chicken Fajita Onions, Peppers & Cheese Flour Tortilla Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	11/13 Be Kind! Pot Pie Chicken Pot Pie w/ Biscuit, Steamed Green Beans Rainbow Tray w/ Fruits & Veggies World Kindness Day!! <i>Alt. Popcorn Chicken</i>	11/14 Tstd Cheese & Ham Oven Baked Fries & a Nat' Pickle Day Pickle!! Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>	11/15 French Bread PIZZA Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Popcorn Chicken</i>
11/18 Mini Corn Dogs Zesty Green Bean Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/19 Cheese Quesadilla Zesty Tom Salsa Seasoned Red Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/20 French Toast Sticks Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/21 Beef-a- Roni! Garlic Knot Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>	11/22 Personal PIZZA Cheese or Roni Baby Carrots & Ranch Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i>
11/25 Pop Corn Chicken & Mac n' Cheese Golden Carrots Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/26 Give Thanks! Oven Rstd Turkey w/ Gravy, Smashed Potatoes, Corn & Roll Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/27 Rodeo Burger BBQ Sauce & Cheddar Onion Ring Baked Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheesy Bread</i>	11/28	11/29

*Menu subject to change without notice.

Meal Prices:

Daily Lunch: \$3.00 (reduced \$.40)
Milk (only): \$.60
Breakfast is available to **ALL** students
for **FREE**
Staff Meal: \$4.00

Sterling Community School
Breakfast & Lunch Menu
November 2019

Fresh Fruits and Veggies served Every
Day!
Be sure to Check out our Rainbow Tray!!



Welcome!

...to the 2019-2020 school year!

FOOD
NEWS!

- ❖ November 13 is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these 3 simple ideas:
 - Compliment the first three people you talk to.
 - Write a hand-written note to a teacher.
 - Dedicate 24 hours to spreading positivity on social media.
- ❖ Parents! You can view your child's account balance and purchase history online! Payments for your child's lunch account can also be made online with a debit/credit card at www.MySchoolBucks.com (you will need your child's student ID number).

A complete breakfast includes; Whole Grain based
Entrée, Milk, Fruit and/or 100% Fruit Juice.
Reduced Sugar Whole Grain Cereals are available in
addition to the daily offering.

Daily Breakfast Menu:

Cereal, Cheese Stick or Yogurt, Fruit, 100% Juice & Milk
are offered Daily

Monday: WG Muffin (Assorted Flavors)

Tuesday: Breakfast Burrito

Wednesday: French Toast

Thursday: Bagel-Egg & Cheese

Friday: Assorted Breakfast Pastry

A meal is considered complete is 3 out of 5
food groups are present on the tray, including
a serving of fruit.

What does a complete hot 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:**

A nut butter* & jelly or nut butter & fluff

On whole wheat bread

*(Wowbutter, Peanut Butter)

Salad with turkey, salad with cheese or salad with turkey
& cheese (*EXCEPT *Salad Days)

Make all checks out to:
EASTCONN Food Services

This is an equal opportunity institution.

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