

MEAL PRICES:

Milk (only): \$.60

Breakfast and Lunch are currently available to ALL students for FREE

See back of menu for Grab&Go Meal Info

**Sterling Community Schools
Breakfast & Lunch Menu
April 2021**

FRESH FRUITS AND VEGGIES
SERVED EVERY DAY!

Staff Meal: \$4.00

			4/1 French Toast w/ Sausage Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	4/2 NO SCHOOL
4/5 Crispy Chicken Patty On WG Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	4/6 BBQ Chicken w/ Brown Rice Fresh Fruits & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	4/7 Turkey & Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Apple Roll	4/8 Beef & Cheese Nachos w/ Salsa Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	4/9 Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal
4/12 Cheeseburger on WG Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	4/13 Chicken Tenders & Waffles Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	4/14 Roasted Chicken Garden Salad w/ Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Apple Roll	4/15 Popcorn Chicken w/ Mac n' Cheese Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	4/16 Pizza Day!! Pizza Day!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal
4/19 NO SCHOOL	4/20 NO SCHOOL	4/21 NO SCHOOL	4/22 NO SCHOOL	4/23 NO SCHOOL
4/26 Cheese Quesadilla w/ Salsa Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal	4/27 Cheeseburger on WG Roll Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cinnamon Roll	4/28 Turkey & Cheese Sandwich Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Apple Roll	4/29 French Toast w/ Sausage Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Choc. Chip Muffin	4/30 Pizza Day!!! Pizza Day!!! Fresh Fruit & Veggies Milk <i>Alt. Sunbutter & Jelly</i> Breakfast: Cereal

*Menu subject to change without notice. ** Grab&Go Meals may vary from printed menu

United States Department of Agriculture has approved the Free breakfast and lunch for all children 18 years and younger. This federally mandated benefit has afforded the child nutrition program the ability to provide two meals a day, seven days a week.

If you plan to participate in the Grab n' Go meal distribution program over April Vacation, please complete this survey.

<https://forms.gle/wPQiSJtRzCuNB6d78>

*Distribution will be held on **Wednesday of April 21, 2021**, between **9am -10am** at your district's distribution location. Seven days' worth of breakfast and lunch will be available for any child 18 years or younger.*

Please contact Heather Plourde at hplourde@eastconn.org or 860-336-9054 if you have any questions.

FOOD DURING TRAVEL
Know which dining options are safer.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html>

Bringing your own food and drinks, or using drive-thru, delivery, and curbside pickup options are safer than dining at a restaurant.

If you dine at a restaurant, eating outdoors is safer than eating indoors.

6 ft

When you do go out:

- Wear a mask.
- Stay 6 feet apart.
- Wash your hands.

cdc.gov/coronavirus

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This is an equal opportunity institution.

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