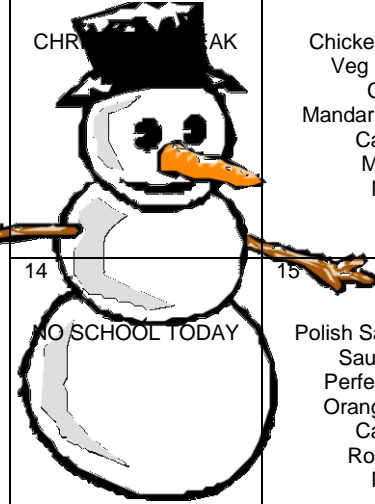


Sterling High School Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 CHRISTMAS BREAK	1 CHRISTMAS BREAK	2 CHRISTMAS BREAK	3 CHRISTMAS BREAK	4 CHRISTMAS BREAK
7 CHRISTMAS BREAK 	8 Chicken Nuggets Veg Lo Mein Corn Mandarin Oranges Carrots Muffin Milk	9 Taquitos Green Chili Refried Beans Fiesta Rice Rosy Applesauce Romaine Milk	10 Chicken Slider Sweet Potato Fries Apple Slices/Yogurt Romaine Red Peppers Milk	11 BREAKFAST FOR LUNCH Pancake on a Stick Tri Tater Carrots Cucumbers Strawberry Cup Milk
14 NO SCHOOL TODAY	15 Polish Sausage/Bun Sauerkraut Perfect Pintos Orange Slices Carrots Romaine Milk	16 Chili Frito Pie Corn Cinnamon Puff Romaine Banana Milk	17 Chicken Tenders Dinner Roll Seasoned Fries Country Gravy Broccoli Carrots Apple Slices Milk	18 Pizza Corn Carrots Peaches Milk
21 NO SCHOOL TODAY	22 Chicken Patty/Bun French Cut Fries Broccoli Mandarin Oranges Milk	23 Super Nachos Refried Beans Tomato Shredded Lettuce Fruit Mix Milk	24 Pulled Pork Sandwich Au Gratin Potatoes Broccoli Red Peppers Cucumbers Berry Fruit Cup Milk	25 Corn Dog Green Beans Romaine Broccoli Carrots Peaches Milk
28 NO SCHOOL TODAY	29 Mandarin Orange Chicken Savory Rice WGR Roll Pineapple Tidbits Broccoli Red Peppers Cucumbers Milk	30 Burrito Green Chili Sauce Perfect Pinto Beans Berry Fruit Cup Shredded Lettuce Tomato Milk	31 Turkey Gravy Mash Potatoes Honey Roasted Carrots Rosy Applesauce Dinner Roll Milk	1 Tomato Soup Bosco Stick Broccoli Pears Milk

BREAKFAST SERVED DAILY IN THE CAFETERIA BEFORE SCHOOL

Salad bar offered daily

MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

